



Goderich Sun

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Farm and Agriculture Show comes to Goderich

Shoreline Classics and 100.1 The Ranch are proud to announce their partnership in bringing a Farm and Agriculture Show to Goderich.

Building off the success of the Goderich Home and Leisure Show, which saw attendance of over 1,700 people on the nicest weekend in April, the two companies hope to create an event that will draw people from Perth, Bruce, and Huron.

The show aims to highlight everything farm-related, from the latest in agricultural technology to animal husbandry and crop management.

“Goderich is surrounded by farm and agribusiness,” said Nick Cadotte, General Manager.

“We thought it would be great to have something in our community for everyone in the area to enjoy and highlight all the great businesses in our communities that are large economic drivers.”

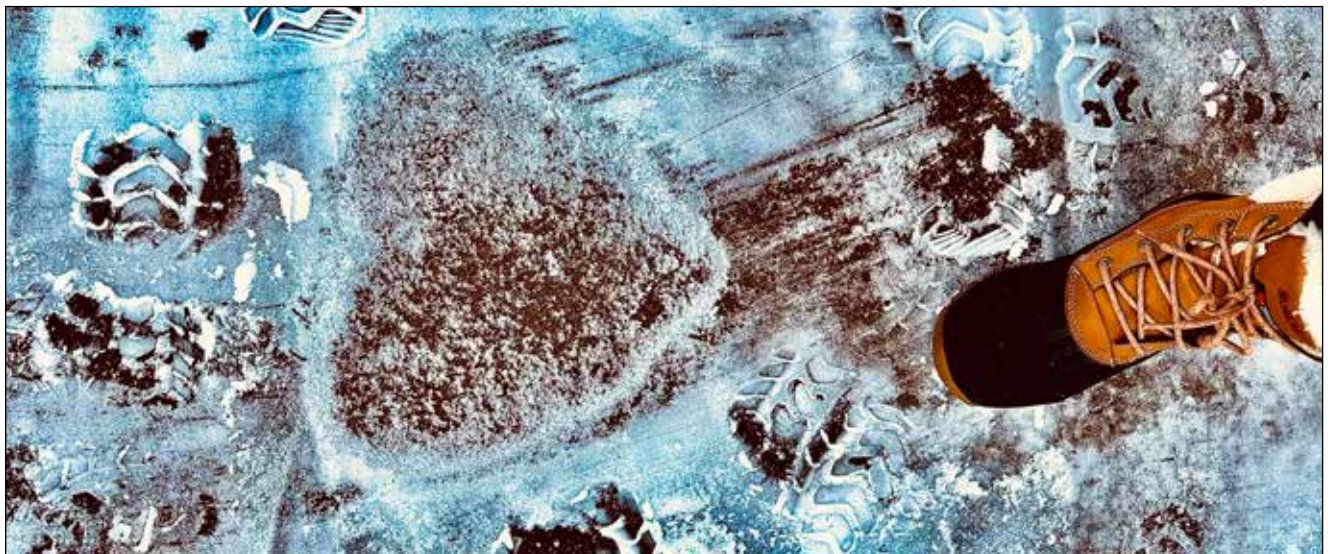
The event is scheduled for February 21 and February 22, 2024, at the Goderich Memorial Arena.

Organizers of the event state that it promises to be a weekend filled with educational opportunities, networking, and fun for the whole family.

“We’re thrilled to be partnering with 100.1 The Ranch to bring this event to Goderich,” said a spokesperson for Shoreline Classics.

“We’re looking forward to showcasing the best of what our community has to offer in terms of agriculture and farming.”

For more information about the Farm and Agriculture Show, please contact organizers directly: 519-365-8027 or nick.cadotte@5amigos.net



A HEARTWARMING SURPRISE
The beauty of nature is right under our feet.

(KATHLEEN SMITH PHOTO)

Children’s Business Market coming to Goderich in May

KATHLEEN SMITH

Editor

The Petteplace family is passionate about creating opportunities for children to pursue their interests, learn more about themselves and learn skills that will benefit them for a lifetime.

In November 2023 Team Petteplace hosted a Children’s Business Market in Clinton. After attending the market this year in Clinton, Mayor Trevor Bazinet spoke with Team Petteplace to bring the market to Goderich.

“We believe the Children’s Business Market is important for youth because it gives them a chance to explore their interests in a unique way with the support of their community behind them,” Stacey Petteplace explained.

The Team Petteplace Children’s Business Market is a

two-hour, cash-only market showcasing businesses created by children in the area. The market is open to the public with the goal being to equip and inspire young entrepreneurs within a safe and encouraging environment.

In 2017 Stacey Petteplace and her husband were both college professors, and as they looked to have children eventually, they desired to create a more flexible lifestyle.

Team Petteplace dove into the entrepreneurial lifestyle and in 2018, had their first child.

“The tremendous amount of growth and confidence it instilled in us was something we knew we wanted to pass along to our son,” admitted Stacey.

“When we thought more about it, we realized how valuable it could be to expose more children in our community to the entrepreneurial world.”

CONTINUE TO PAGE 4



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United Way launches cost of housing survey

KATHLEEN SMITH

Editor

Housing costs have risen dramatically in recent years, including house prices, mortgage payments and rent.

With the cost of housing at the forefront of aspiring home-owning minds, the United Way Perth Huron (UWPH)'s Social Research and Planning Council (SRPC) wanted to learn how individuals and families across the region are affected.

"The news is full of housing statistics," explained Kristin Crane, director of social research and planning for United Way.

"What we hear less often are stories about the people behind the numbers."

These increases have affected many types, including young couples trying to put down roots, to fixed-income retirees looking to downsize, to individuals living on the street and trying to get back on track.

Homelessness isn't just about sleeping on the street. A single bedroom rental is over \$1,200 per month on average in Perth-Huron, and currently over 200 people are homeless in the

region.

According to Crane, the Cost of Housing survey offered a safe space for people to share their experiences.

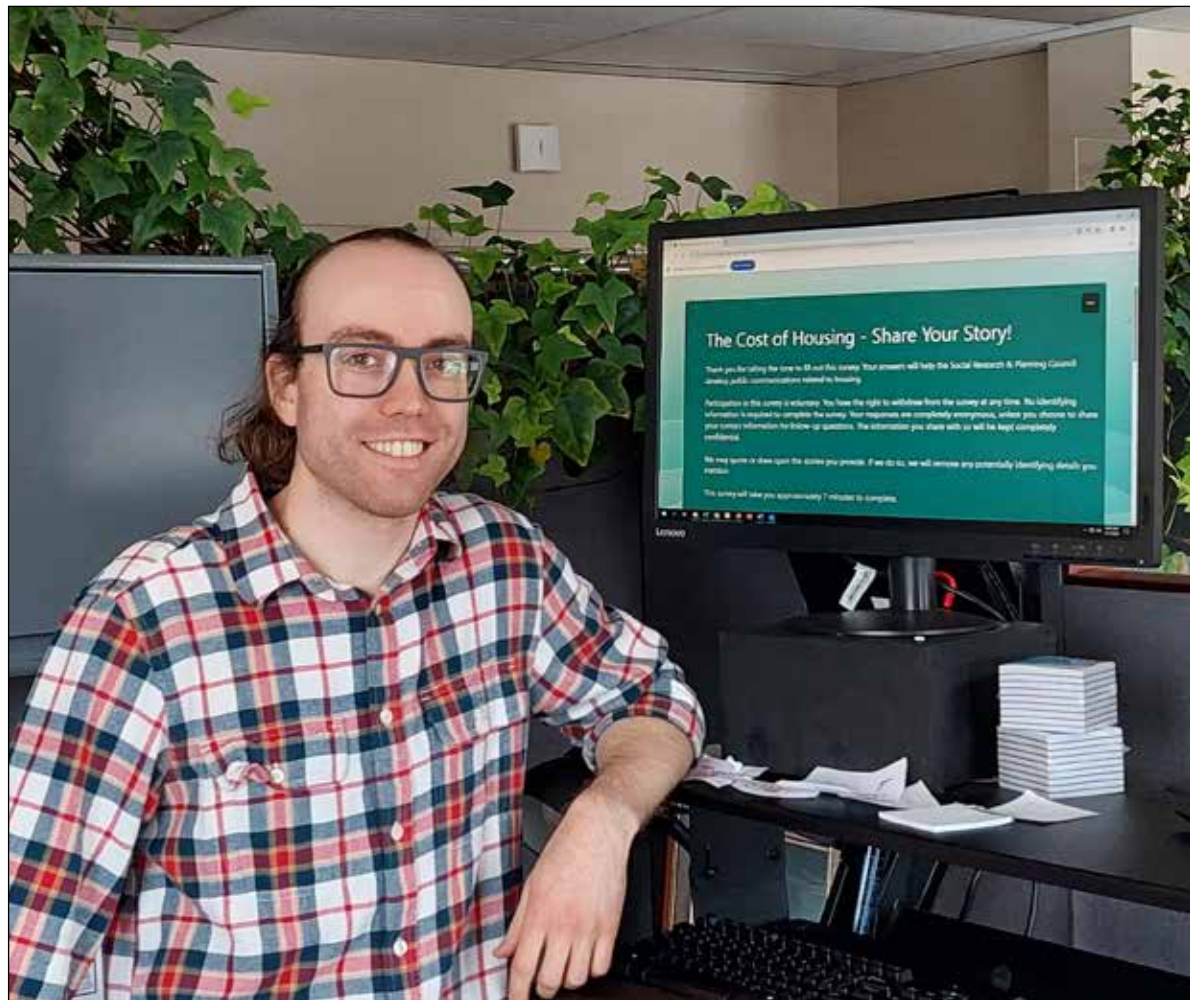
Open during the month of January, the survey offered people a chance to share how they have been impacted by the current crisis.

The SRPC and United Way aim to help everyone understand and build up their communities. Crane said that the UWPH wants to cultivate compassion and caring, and learn how to do better to help those facing challenges of homelessness, precarious housing and unaffordable housing.

"This information is critical from the perspective of community building," added Ryan Erb, UWPH executive director.

"It also helps UWPH as we continue addressing housing and homelessness regionally, whether that's helping with rent arrears through the Urgent Needs Fund, connecting vulnerable people with services at our Connection Centres or developing and sustaining housing through United Housing."

For more information on the survey, visit perthhuron.united-way.ca



THE COST OF HOUSING

Will Wellington (Administrative Associate, SRPC and Governance) with the online Cost of Housing survey.

(CONTRIBUTED PHOTO)

Community Living prepares for 34th annual Heartwarming Luncheon

KATHLEEN SMITH

Editor

With the Heartwarming Luncheon around the corner, Community Living Central Huron (CLCH) invites the community to indulge.

On Friday, February 9, Community Living will play host at the Goderich Legion from 11:30 a.m. until 1:30 p.m.

The meals are crafted with local ingredients, and participants in the luncheon can choose to dine-in or have take-out, with free delivery in Goderich, Wingham, Seaforth and everywhere in between.

Choices include beef or turkey on a bun with a brownie for dessert, or for gluten free or vegetarian options, quinoa/edamame salad with gluten free cookie for dessert. Each meal comes with dessert, vegetables, and fruit.

Meat is supplied by Hayter's Farm and Metzger's Meat Products Inc., and desserts are supplied by Culbert's Bakery.

The Heartwarming Luncheon is an annual fundraising event of the Board of Directors.

In 2023, there were 704 pre-orders and

approximately 100 walk-ins. Organizers of the annual luncheon predict serving 800 individuals on February 9.

"It's a pretty special event that continues to grow each year, and we happen to have some incredible volunteers who make that day a success," said Natalie Steenstra, Executive Director, Community Living Central Huron.

Community Living-Central Huron is a charitable non-profit organization that has been providing services and supports to people with disabilities and their families, residing in the communities of Central Huron County since 1959.

Community Living's vision is to ensure people live in dignity and share in all aspects of living in their community.

This annual event is run by volunteers, and students from St. Mary's School and Goderich Public School are helping this year.

Meals are priced at \$12 each and orders are accepted by emailing the completed form to clch@clch.ca or by calling 519-524-7362 for more information.

Orders must be in to CLCH by February 2.

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United Way welcomes new director of United Housing

United Way Perth-Huron (UWPH) is proud to announce Kathy Vassilakos as the new director of United Housing.

Vassilakos brings a wide-ranging skillset to the director's role. In her time as a city councillor in Stratford, Vassilakos not only worked within the community, but across municipalities and provincially.

Ryan Erb, UWPH executive director stated that United Way is pleased to have Vassilakos join the team.

"She brings an incredible breadth of experience and a commitment to public service to this role," said Erb.

"As our community continues to see so many people experiencing the effects of the current housing crisis, it's important we continue building United Housing."

Erb looks forward to working with Vassilakos on new and existing housing projects, and securing the \$543,000 in funding UWPH needs to ensure United Housing, alongside many partners, achieves the goal of a place to live for every person in Perth-Huron.

Vassilakos explained that she is very excited to take on the director's role with United Housing.

"Getting new, affordable housing built is critical to the health of our region," admitted Vassilakos.

During her time on Stratford City Council, Vassilakos saw the significant amount of work being done by both the City of Stratford and the County of Huron as the Consolidated Municipal Service Managers responsible for delivering and administering housing programs and services to this region.

"We believe that United housing is a perfect vehicle to support the existing work and further increase the amount of available, affordable housing stock," added Vassilakos.

Highlights of Vassilakos' career include time on the Association of Municipalities of Ontario's housing taskforce, the Grand Trunk Master Plan, and the Britannia Street Housing Project. Vassilakos has also served on many boards and committees, including acting as co-chair of UWPH's Social Research and Planning Council and chair of Huron Perth Public Health (HPPH).

"Ultimately, the only way we can address this housing crisis is by coming together as a community," Vassilakos remarked, adding that everyone – developers,

government, non-profits, and the larger community – must join in the effort.

"So found foundational work has already been done on United Housing thanks to Ryan and Mitch. I look forward to getting out into our region and furthering discussions with our local partners around how we can get people housed."

As one door opens, another closes and UWPH also celebrates the contributions of outgoing director Mitchell Rhodes.

Over the past two or more years Rhodes was an incredible collaborator in helping build the United Housing initiative.

"His knowledge of non-profit housing space, and his willingness to help however was needed to build our initiative, has been invaluable," commented Erb.

Although stepping down as director, Rhodes has agreed to stay on part-time as a senior consultant with United Housing.

Rhodes commented that it was an honour and privilege to work at UWPH.

"Addressing the housing deficit – and more acutely, the affordable housing deficit – is the issue of our time, and we all must be part of the solu-



(CONTRIBUTED PHOTO)

NEW ROLE

Kathy Vassilakos steps in at the new director of United Housing.

"Studies show that without a strong, local non-profit housing developer, affordable housing needs will not be met. I'm proud that along with colleagues and

community support we were able to move United Housing from being an idea to a reality of projects in the pipeline that will bring affordable housing units to our communities."

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Upcoming Issues:

Friday, March 1, 2024
Thursday, March 21, 2024
Thursday, April 4
Thursday, April 18
Thursday, May 2

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Children's Business Market coming to Goderich in May

CONTINUED FROM FRONT

Team Petteplace began the market in 2022 to help equip and inspire a new generation of entrepreneurs.

They recognized that there is a spark lit when children are given real-world learning experiences, especially when in a supportive and encouraging environment.

The first Children's Business Market was planned for April 2020 but had to be put on hold. According to Team Petteplace, the first market ended up being in Clinton in November 2022 and was so successful they doubled the event space for the 2023 market.

The November 2023 market was filled up with 30 children's businesses and had 400 people through the doors during the two-hour market.

As the children work through creating a business plan, bringing their business to life, and showcasing their business to the public, Team Petteplace believes the kids are given a fun and exciting way of gaining valuable life skills. These include critical thinking, problem solving, financial literacy, communication, time management, perseverance, and resiliency.

"Our hope is that children walk away from the experience feeling confident, knowing they have infinite potential and the ability to always keep learning and growing," said Stacey.

"We want them to feel a deeper sense of connection to their community and recognize that they have purpose and add tremendous value to the community with their unique traits and abilities."

Although the market has not been in Goderich to date, in November, Alexa Yeo – otherwise known as the Home-town Harpist from Goderich – participated in a Team Petteplace Children's Business Market in Clinton.

For competition, one of the sponsors of the event, Pineridge BBQ, gave the participating children meat to take home to create their own recipes. Alexa was chosen as one of the winners with her creation of Sausage and Jalapeno Stuffed Zucchini.

As a reward for being one of the chosen winners, Alexa was given the chance to spend a day in the kitchen with an amazing chef and two entrepreneurs, Sam, and Elliot from Bayfield River Bees.

"The Children's Market was fantastic, and it was a catalyst for Alexa really getting her business going and gave her the confidence to book gigs as a harpist, and a singer in local establishments," explained Crystal Brennan-Yeo, Alexa's mother.

Following those performances, Alexa has since played at Boston Pizza, opening for Graham Bedard, then entertained at West Street Willy's for New Year's Eve, and is presently preparing to sing and play at Part II Bistro for

Valentine's Day.

On February 17 Alexa will travel to Kincardine as the one and only solo artist of the night for the 'Share the Love' charity dinner for 'Drop-in at The Bridge', a non-profit drop-in centre in downtown Kincardine.

Other notable participants at the Business Market include Dakota's Delights created by Dakota, winner of the 2023 Kid Entrepreneur of the Year, The Crafting Tree, created by Neev, winner of the Most Impressive Presentation, and Bayfield River Bees, created by Sam and Elliot, winners of the Greatest Business Potential.

The market's aim is to provide an environment for young entrepreneurs to know they have infinite potential, and help these young individuals feel confident in moving forward with their passions and interests.

And now the market is coming to Goderich.

Mayor Trevor Bazinet visited the market in Clinton, both in 2022 and in 2023. Impressed with the vision of the market, Bazinet approached Team Petteplace about bringing the event to Goderich.

The event in Goderich remains in the early stages of planning, but the support from people in Goderich has already been immense.

"From working with Travis at the YMCA to secure an event space, to communicating with Dwayne at Goderich Print Shop about posters, to having businesses reach out to sponsor the event, the people of Goderich have really been showing off their community spirit and tremendous support for youth," Stacey added.

"It makes us extremely excited for May."

While the inaugural market in Goderich is planned for May, the market in Clinton will also return on November 2, 2024.

Children can find application process information through the Team Petteplace website. Applications must be emailed to admin@teampetteplace.com

One submission per applicant and children working as a team should submit one application that includes each child's information. No more than two participants per business.

The Children's Business Market is free to participants and attendees. Any children between the ages of 6-14 interested in participating can visit www.teampetteplace.com and the application process is laid out there.

On May 4 from 10 a.m. until 12 p.m. the Goderich Children's Business Market is calling on all kids ages 6-14 to join in the market to showcase their own business. It will be held at Goderich YMCA at 190 Suncoast Drive East.

Applications for the Goderich Market open March 2.



Goderich Sun

Guiding Principles

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7. Advertisers, big or small, should profit from their ads (meaning sensible ad rates)
8. Newspapers should be locally-owned and operated

AMGH welcomes Dr. Ford, the hospital's new surgeon

KATHLEEN SMITH

Editor

Even though Dr. Jennifer Ford was working and living in the USA, she always had ties and an interest in Ontario health care.

She always wanted to use her skills to best advocate for health care providers and patients, and now Dr. Ford is joining the staff at Alexandra Marine and General Hospital (AMGH) in Goderich.

Moving back to Canada, specifically to Goderich, felt like coming home for Dr. Ford who grew up close to the area and remembers spending summer days around the beaches in Goderich, Grand Bend and Sauble Beach.

"I have always loved this area and find it has only become more beautiful during my time away," admitted Dr. Ford.

"I always wanted to come back to Ontario, but regulations from the College of Physicians and Surgeons of Ontario (CPSO) made it very difficult."

However, last March that changed and Dr. Ford's credentials as an American Boarded Surgeon were recognized, and the job hunt began.

The position Dr. Ford has taken on at AMGH was one of the first job she saw posted and it jumped right out due to the location.

Dr. Ford interviewed at a few other locations, but Goderich was the one that stood out. After Dr. Ford's site visit, it was clear that all the care team members worked together to do the best for the patient.

"There was an immediate welcoming atmosphere from providers, patients and the community," said Dr. Ford.

"So far, I have found it lovely. Everyone has been so nice, helpful, and welcoming to both me and my family. The attitude in and toward health care in the USA is very different and quite strained. It is a welcome change to focus on medicine and patients."

While there are issues with every system, Dr. Ford is happy to be back in the Canadian health system that supports health care as a right, not a privilege.

"The biggest challenge has been learning the new billing system and daily operations of the hospital, but my partners, especially Dr. Kittmer, have been so supportive, welcoming and helpful that I feel poised for success with their help," added Dr. Ford.

The biggest surprise so far has been how supportive the community has been. Dr. Ford feels so welcomed and the support motivates her further to provide the best care she can for everyone.

"I already see AMGH doing many great things with expedited admissions from ER, participating in weekly regional cancer care meetings, reporting to the cancer care network and implementing quality pathways," explained Dr. Ford.

"AMGH has the highest polyp detection rate from colonoscopies in the province. That is something to be very proud of and demonstrates the staff's commitment to quality."

Dr. Ford grew up in rural Dutton/Dunwich area, where most of her family and extended family still resides.

She attended McMaster University and majored in Biology, and from there attended St. George's University School of Medicine in Grenada (West Indies).

After completion of her studies there, Dr. Ford completed her general surgery residency at Ascension St. John Hospital and Medical Centre (A Level 1 Trauma Centre on the east side of Detroit).

Dr. Ford graduated in 2018 and moved to Washington State (WA) with her spouse and began working as an attending surgeon. Her first job was in rural general surgery, which consisted of an elective practice combined with an emergency/trauma practice in Yakima, WA.

She was there until March 2020 when



DR. JENNIFER FORD

Ford transitioned to Kadlec Regional Medical Centre in Richland, WA as an Emergency General Surgeon.

Is practice since 2018, Dr. Ford's role in the last three and a half years has been in the more acute, emergency surgeon setting.

"My areas of interest are complex hernias, endoscopy, and advance laparoscopy," admitted Dr. Ford, who has published multiple research papers in national and

international journals.

Dr. Ford has also given numerous research presentations at local, regional, and international meetings. Furthermore, Dr. Ford co-authored a textbook chapter on peritoneal malignancies, and she remains active in medical student education.

Dr. Ford was an associate clinical professor for Pacific Northwest University and Washington State University. She received the top clinical educator award in 2021 (for all faculty in the state of WA) and was a member of the medical school admissions from 2020-2023.

Dr. Ford also sat on the board of the Washington State chapter of the American College of Surgeons as a general member, until she left to return to Canada.

Currently, Dr. Ford is completing her

Executive MBA from Washington State University, and she anticipates being done by August 2024.

Dr. Kittmer at AMGH recruited Dr. Ford and along with another partner, Dr. Daters, has made the transition easier for Dr. Ford.

"They are both such great surgeons, I am lucky to be joining them," remarked Dr. Ford.

Dr. Ford hopes to continue the excellent care her partners have established at AMGH, which is a perfect example of how rural still means excellent care.

Dr. Ford aims to work hard to continue that mantra and apply her skills she's obtained along the way. Furthermore, there are a few procedures Dr. Ford hopes to bring to the community so that more surgical options are offered at AMGH, which would mean less transfers out.

"I hope to continue to build this program, educate, and create a positive experience for patients," said Dr. Ford, who hopes to stay in Goderich forever.

"I am beyond grateful that my daughter gets to grow up in this beautiful, friendly community."

Dr. Ford's first official day was January 2, 2024. Prior to that she was able to start assisting in the OR with Dr. Daters for a few cases, including their first C-Section together.

Now that she has officially started at AMGH, Dr. Ford has seen patients in the clinic, and already seeing a variety of pathology and interesting cases.

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The Memory and Aging Program consists of four weekly ZOOM sessions, 1:30 – 3:30 p.m. on Mondays: February 5, 12, and 26. (No class on Family Day)

There is a fee of \$25, which covers the cost of the program workbook and materials.

Register online at <https://bit.ly/MAP-Winter24>.

For more information about the Memory and Aging Program, contact the Alzheimer Society Huron Perth: email info@alzhp.ca or 1-800-561-5012

WRITTEN BY TIMOTHY FINDLEY

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MESSAGE THERAPY

The MacKay Centre for Seniors undertakes new planning project thanks to grant

KATHLEEN SMITH

Editor

The MacKay Centre for Seniors have been able to undertake a new Strategic Planning Project due to a two-year, \$23,200 Communities Fund grant from the provincial government's Ontario Trillium Foundation (OTF).

The fund will be used to develop a three-year strategic plan for the Centre. The work happening because of the grant, which was awarded in the spring of 2023, will help the Centre to proactively respond to the changing needs.

"The MacKay Centre for Seniors has been a vibrant central hub for Seniors in the Goderich and surrounding area for over 40 years," said Stephanie Hartwick, Executive Director, MacKay Centre for Seniors.

The MacKay Centre currently has over 400 members, and according to Hartwick, the Centre is excited to engage Maureen Cole at We R Strategic to develop the plan.

"Through our community planning sessions, we hope to discover new ways to promote, engage, and provide a wide variety of programs for our Senior's Active Living Centre to help us grow through the next three years," added Hartwick.

The OTF's mission is to build healthy and vibrant communities across Ontario. As an agency of the Government of Ontario, and one of Canada's leading granting foundations, last year, OTF invested over \$110 million into 1,022 community projects and partnerships.

On January 25, the Board of Directors and members of the MacKay Centre met with MPP Lisa Thompson and Mayor Trevor Bazinet.

"The value that the MacKay

Centre continues to bring to the table goes beyond the individual classes they offer," said MPP Thompson.

"They are building a community of vibrant, engaged, and active seniors who experience great quality of life – and for that, they have my ongoing appreciation. I look forward to seeing how the additional funding is leveraged to benefit and enrich the lives of seniors."

According to Neil Lumsden, Minister of Tourism, Culture and Sport, non-profit organizations across Ontario deliver programming that makes a difference, and that's why funding is so important.

"Our government wants to ensure that these programs and spaces remain the heart of communities across our province," added Lumsden.

With the funding, the MacKay Centre is now looking for input from its members and the public to create their strategic plan.

Over the years the MacKay Centre for Seniors in Goderich has worked closely with the Town of Goderich, stakeholders, and the centre's members.

This year, the Board of Directors is aiming to complete a Strategic Plan and is looking for input from the community, stakeholders, partners, and members. The aim is to have the plan completed by the summer of 2024.

The Plan will act as a roadmap of where the Centre is going over the next three to five years, as well as point out measures of success.

According to Board Chair, Nancy Allin, the Board was inspired by a SWOT analysis. Strengths, Opportunities, Weaknesses and Threats – SWOT.

"It is important to hear from all of our members and community stakeholders as we set priorities, goals, and actions plans for the



(CONTRIBUTED PHOTO)

CHEQUE PRESENTATION

MPP Lisa Thompson and Mayor Trevor Bazinet with Board Members of the MacKay Centre for Seniors in Goderich on January 25.

years ahead," said Allin.

In December 2023 the Board reviewed the Centre's mission, vision, and values, which according to Allin is the centre's first step in the strategic planning process. The process will be facilitated by Maureen Cole of We-R-Strategic.

According to Cole, strategic planning involves developing a plan of action, typically for three to five years that acts as a roadmap of where the organization wants to be in that timeframe.

"It involves, first defining what business you are in, as determined by the Board of Directors of the MacKay Centre for Seniors," explained Cole.

"Strategy requires taking the time to think creatively about the mission and vision, by seeking input from the members, community, and of course the various funders and stakeholders."

Non-profits and charities often do great work but do not have access to government taxes.

"The Centre will be sending out membership surveys to collect information on what is important to them for programs, pricing, and accessibility," added Cole.

"Another survey will be on the website, and social media, and shared with community members,

on what they see as valuable, and how they can support each other."

Formed in 2023, We R Strategic is owned by Cole. She began her career in Nursing and with continuing education, advanced to Director of Nursing and Executive Leader.

Cole was an Accreditation Specialist and Certified Health Care Executive before retirement.

Part of Cole's career and responsibilities was strategic planning, particularly for funding or service provisions.

Cole has also been involved on many Boards for nonprofits throughout her career.

The focus stated on We R Strategic's website is assisting nonprofits and charities with their planning for future growth and sustainability.

A strategic plan is a written document that assists an organization in achieving its goals by aligning its priorities to the mission and vision of the organization.

Strategic planning is a process developed to help organizations engage proactive thinking and set priorities. It requires a significant investment of time, and data gathering.

Regular reporting is provided from the Strategy Coach to outline the stages and analyze the data.

According to Cole, the final plan is presented back to the members, within four months for the best success.

According to Allin, around 120 MacKay Centre members completed the program satisfaction survey, providing input into what is working and what needs changing.

The MacKay Centre looks forward to receiving feedback from

community members and stakeholders and sees great opportunities in engaging by hosting community open houses and focus groups during the month of February.

The MacKay Centre is the only organization in Huron County designated as a Seniors Active Living Centre, funded by the Ministry of Seniors and Accessibility.

The MacKay Centre for Seniors is a non-profit charitable organization that has offered social, recreational, and volunteer opportunities for older adults (55+) for the past 40 years.

The MacKay Centre's programs encourage seniors to remain active and independent in their homes and in the community. Membership is \$15 a year.

The MacKay Centre has over 250 members and provides programs throughout the year including fitness classes, tai chi, art club, choir, yoga, community dining program, music, iPad lessons, card games and other special events.

Most individuals who use the Centre are members, however, the doors are open to everyone.

The Centre is also a community meeting space for other not for profit groups such as the Horticultural club, IODE, local Hospital Auxiliary, Parkinson's Society, and the Centre has a partnership with the Alzheimer Society of Huron Perth and the Huron Hospice.

February 7 and February 21 have been pencilled in as open houses for opportunities to gain insight and input as the MacKay Centre shapes the quality of life for seniors living in Goderich.

Visit **Steve and Mary's**, your hometown diner, for your favorite classic breakfast and lunch or try one of our kicked up daily features. We dare to be different in our food and service, if you like your family meal you will love our mealtime, because every meal is with family.

Breakfast and lunch six days a week, but don't forget about **All You Can Eat Fish and Chip Friday's** when we are open until 7pm. Pick up some freezer meals so our family can treat you even when you are at home. Gift certificates available year round.



Regular Hours:

Monday: 8:00 am – 3:00 pm
 Tuesday: 8:00 am – 2:00 pm
 Wednesday: Closed
 Thursday: 8:00 am – 3:00 pm
 Friday: 8:00 am – 7:00 pm
 Saturday: 8:00 am – 3:00 pm
 Sunday: 8:00 am – 3:00 pm

Annual Norm Laberge lasagna and raffle raises over \$66,000

KATHLEEN SMITH

Editor

Organizers of the annual Norm Laberge lasagna and raffle fundraiser made a sizeable donation in January to the Huron County Children's Christmas Bureau, run by the Rural Response for Healthy Children.

Due to the generosity of those involved in the annual event to honour the late Norm Laberge, a total of \$66,880 was raised with 60 per cent of the funds donated to the Christmas Bureau. The rest of the funds were divided up and donated to other local children's charities.

"It was an epic year of giving all around," admitted Kevin Haasnoot, employee at the mine, and one of the organizers of the event.

"Norm would be pleased on continuing something he loved."

Laberge, who died in the tornado in 2011, had been an organizer to support the Christmas Bureau and the local children.

Each year, to honour his memory, employees at the mine continue these efforts.

Last year's event raised

\$76,000, nearly \$6,000 more than the year before.

In a year where inflation has hit hard, it's incredible to see the generosity Unifor members, staff at the mine and the community have, to make things a little brighter for children in the area.

"I'm always speechless on the funds raised by the employees and the company matching what we raise. It's amazing," added Haasnoot.

"Thank you to all involved, because without them, this would not happen."

Unifor 16-O provided the funding for the lasagna dinner, while Zehrs Goderich donated all the Caesar salads, as well as ingredients for the lasagna, and West Street Willy's and Shanahan's Quality Meats also provided ingredients for lasagna.

Compass Minerals matched dollar for dollar all the money that was raised.

Volunteers made the event a success by soliciting prizes to ticket sales, making, and serving the lasagna and those who purchased tickets and lasagnas helped the event tremendously.

A total of 38 lasagnas were



(CONTRIBUTED PHOTO)

FOR THE CHILDREN

Organizers and members of Unifor 16-O with representatives from Rural Response for Healthy Children. A total of \$40,940 was provided to Rural Response for Healthy Children's Christmas Bureau. (L-R): Lisa Svazich, Compass Minerals, Goderich Plant, Nicole Renner-Lisso, Compass Minerals, Goderich Mine, Suzanne Oakley, Compass Minerals, Goderich Mine, Nicole Bedard, Rural Response for Healthy Children, Craig Manz, Compass Minerals, Goderich Mine, Amy Boyce, Compass Minerals, Goderich Mine, Josh Little, Compass Minerals, Goderich Mine, Katrina Clarke, Rural Response for Healthy Children, Kevin Haasnoot, Compass Minerals, Goderich Mine & Gary Wardell, Compass Minerals, Goderich Mine.

made and served on underground, on the surface, and at the evaporator plant.

Mayor Trevor Bazinet was invited to the annual event this year by Haasnoot, who he thanks, along with the other volunteers, for pulling off another successful fundraiser. Bazinet felt honoured to be a part of the event, celebrat-

ing the memory and legacy of Laberge.

"I know Norm would be looking down with a big smile and probably some tears of joy knowing that something he started years ago has turned out to be such a huge success in the community," Bazinet said, who explained that it always warms his

heart when the community goes above and beyond to help others in need.

"Christmas can be a hard time of the year for families that cannot afford gifts or food for their loved ones. The residents and businesses of Goderich always come together to bring job to the people who need it the most."

Development project at Maitland Golf Course approved by Council

KATHLEEN SMITH

Editor

CORRECTION: Due to a correction made to paragraph four, the Goderich Sun is running this story again.

While the golf course at Maitland Country Club (MCC) is currently undergoing changes, the property will soon see further changes with a 68-unit resort park on a portion of the land near the golf course.

Following weeks of considering results from studies and requirements needed, at the December 18 Council meeting, in a 6-1 vote, the proposal to develop the Maitland Golf Course property was approved.

The MCC is under new ownership, but over the past 12 years the club has dealt with reduced membership.

The struggling Maitland Country Club (MCC) approached Council years ago, in 2017. The Town didn't have any interest in owning and operating the golf course, but a proposal came from the Peever family.

The Town had its first consultation with the Peever family in 2019.

"We had some discussions with them (the MCC board) as to how we could help out, and in the end, it looked like the best scenario for all was a purchase," said Jim Peever, spokesperson for the Peever family, and new president of the MCC.

In the proposal, the existing facility would be maintained, with the addition of leased or rented trailers to make it financially viable.

Given the location of the proposed development, a key consideration was whether

it would hold a negative impact on the surrounding natural and heritage features in the Maitland River valley.

This triggered an Environmental Impact Study (EIS). A major concern was the environmental risk to the Maitland River. The EIS concludes that there will be no negative impact on the river system.

According to the studies carried out, the land use changes would not create any compatibility issues, will not negatively impact archaeological resources, does not require intersection changes, and full services could proceed as normal.

In addition to the studies completed, several local groups and Indigenous communities were consulted.

Maitland Valley Conservation Authority (MVCA) reviewed the applicant's submission, including the reports and has also approved the works for the emergency alternative access route.

Based on submission documents, MVCA found the application in general conformance with Natural Hazard Policies.

The County of Huron Planning Department reached out to Indigenous communities that had interest in the area several years ago to ask what planning applications they wanted to be circulated on.

At a November Council meeting it was outlined in a report that developing the land currently owned by the Peever family is consistent with not only the Town of Goderich and Huron County official plans, but also the Provincial Policy Statement.

According to the Provincial Policy Statement direct settlement areas need to focus

on growth and development, need to include diverse housing options and a range of commercial and recreational options.

According to the Peever family, that is what they aim to do with the property - create a development that is supportive of the community it is in.

Over recent years, the Peever family has been operating the golf course at a deficit, attempting to keep the course up to standard and completing maintenance projects.

"We made a promise that we would do everything we can to make sure this property continues to run as a recreational facility," said Peever at the November meet-

ing.

"To do so, we have lost money every year at the tune of almost \$200,000 last year and \$100,000 this year, to try to keep this property operational. For us, this is an opportunity to make this property look after itself."

The proposal would allow for the continued operation of the existing recreational facility.

Despite being consistent with planning policies at all levels, concerns were raised by the public on environmental impacts and the issue of a local housing crisis.

CONTINUE TO PAGE 9

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We are currently accepting applications the Goderich location, or by email to teammcdonald7536@gmail.com

Free online winter education sessions at the Alzheimer Society Huron Perth

January is Alzheimer's Awareness Month. Every January and February, the society offers education sessions to help answer your most pressing questions.

If you or a family member are living with the impact of Alzheimer's disease or another dementia, don't hesitate to reach out.

The society knows that when you have the information you need, you can navigate the journey better. Register for the following sessions on our Education Hour page at www.alzheimer.ca/huronperth.

The society's Dementia Overview, was offered on January 17, and presented an introduction to dementia, what to expect, and where to turn.

On Wednesday, January 24, the society hosted "Talk with the Doctor" with local geriatrician Dr. Alexandra Peel.

This year's theme was Dementia Day to Day. Dr. Peel addressed physical care needs that people with dementia and their families often identify as concerns: weight loss, nutrition, hydration, and daily routine.

Please register for this program at www.bit.ly/Doc-Talk24.

Our Dementia Basics Series are free one-hour sessions designed to answer our most frequently asked questions. These sessions, scheduled for 1:30 p.m. and 7

p.m. on Thursdays in February, are equally valuable for families and healthcare professionals.

- February 8: 10 Warning Signs – Should I be Worried?
- February 15: Types of Dementia
- February 22: Brain Changes – 8 As of Dementia
- February 29: Communication Tips

Want to discover more about age-related memory changes and brain health? Give our Memory and Aging™ Program a try.

This four-week online course is for anyone interested in finding out more about age related memory changes, brain health lifestyle choices and effective memory strategies.

We will meet on ZOOM from 1:30 – 3:30 p.m. on Mondays, January 29 – February 21. (\$25 Workbook fee.)

Register for this program at www.bit.ly/MAP-Winter24.

In-person programs in Mitchell and Stratford this winter. Contact our office to confirm dates.

For registration and information on additional upcoming sessions, please see "Education Hour" at www.alzheimer.ca/huronperth or contact the Alzheimer Society Huron Perth: 1-800-561-5012 or info@alzhp.ca.

Health Unit releases report on food insecurity

Huron Perth Public Health (HPPH) released a new report, The Real Cost of Eating in Huron and Perth. The report found that in 2023 the cost of groceries for a family of four in Huron Perth was \$267 per week, or \$1,155 per month.

This report didn't include non-food items such as toiletries, personal care items or cleaning products.

"Too many families living with low income have to choose between paying rent and utilities, or buying food, because there simply isn't enough money," explained Amy MacDonald, Registered Dietitian at HPPH.

The report revealed different income scenarios and the percentage of income a household would need to spend on food.

For example, a family of four receiving Ontario Works in Huron Perth would need to spend 41 per cent of their income on food to meet the recommendations in Canada's Food Guide.

"It's extremely distressing for people when they can't afford to buy enough food," added MacDonald.

"They are also much more likely to have poorer health."

The cost of groceries was determined by calculating the average retail price of 61 food items at eight local grocery stores.

These food items meet national nutrition standards and assume people have the time, skill, and equipment needed to prepare.

As food costs and costs of living continue to climb, more people are experiencing

household food insecurity. An estimate 18 per cent of households in southwestern Ontario reported experiencing food insecurity in 2022.

Research shows that when food insecure households receive additional income, they spend it in ways that improves their food security.

The Real Cost of Eating report identified that solutions need to be income-based. Solutions focus on local, provincial, and federal possibilities.

The solutions include: Adequate old-age pensions; Fully-funded Canada Working-Age Supplement (CWAS); Fully-funded Canada Disability Benefit (CDB); Lower income taxes for the lowest income households; Income protection for precarious employment and low wages; Implementation of a Basic Income Guarantee; Increased minimum wage; Increased social assistance rates; Investments in subsidized, affordable, and stable housing; Strategies to increase affordable housing, childcare and public transit; and Living Wage employers.

MacDonald encourages residents to talk to their local, provincial, and federal representatives about how they are addressing income insecurity and food insecurity.

Visit of call 211 Ontario to learn about the resources available to help families living with low income so they have more money available to purchase the food they need.

The Real Cost of eating report is available on the HPPH website.

Gateway's virtual lecture series on February 6 discusses enhancing emergency management

Management of emergencies in rural areas is a complex issue.

Gateway Centre of Excellence in Rural Health's (CERH) latest episode in their ongoing virtual rural health lecture series features a presentation by PhD Candidate Amanda Mongeon, from the University of Guelph, who will be presenting her doctoral research.

This lecture is titled "Enhancing Emergency Management in Rural Northern Ontario: Learning from COVID-19". In this lecture, Mongeon will be using Northern Ontario Municipalities' experiences with COVID-19 to identify opportunities for future emergency response.

This lecture will take place on Tuesday, February 6, 2024, from 12 – 1 p.m. via Zoom.

Joining her in this presentation are panelists: Wendy Brunetta, Fort Frances Councillor, Karrie Lepoudre, and Adam Zuback from the Canadian Red Cross.

To register, visit Gateway CERH's website at www.gatewayruralhealth.ca.



AMANDA MONGEON

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I'm thrilled to introduce myself as the new Director of Business Development for our community newspaper. With over 15 years of industry experience, my goal is to forge impactful partnerships and initiatives that elevate local businesses. Let's collaborate to identify opportunities, enhance market presence, and drive sustainable growth together. Reach out to discuss potential collaborations and share insights. I look forward to being part of our community's journey to success.

heather@granthaven.com **226.261.1837**

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New owners of Little Caesars happy to be part of the community

KATHLEEN SMITH

Editor

Although Little Caesars is a franchise pizza spot, new owners in Goderich aim to provide a genuinely family-run pizza shop in town.

John Black bought the store and took over in mid-November, along with his son Max. The family officially took over the store on November 14, 2023.

John manages all the financial and legal aspects involved in operating the store, while his son Max operates and manages the store on a day-to-day basis.

The Black family moved to Canada from Scotland just over 10 years ago.

"We had visited Canada many times on holiday, visiting family and thought it was a great country to bring up our children," John admitted.

John and his wife Michelle have two children, Max, and Colette.

In the United Kingdom (UK) John managed a manufacturing business, as the Vice President of Finance and Operations for the same company over the span of 21 years.

After moving to Canada, John continued as VP, which involved flying back and forth to the UK every month.

When COVID-19 hit, John was unable to travel as much and decided to find work in Canada, which would afford him more time to spend with his family.

"I am still working in finance at the moment, along with coming and working in the store a couple of days a week," admitted John.

"My son is almost 21 and does all the hard work."

Max had previously worked in Boston



SLING SOME 'ZA

Father and son duo, John (right) and Max Black.

(CONTRIBUTED PHOTO)

Pizza when he was a student and is also a trained firefighter.

John bought the business from Dan and Pam Ryan who are friends of theirs. John had spoken with them extensively about what was involved, and decided it was something he wanted to go ahead with.

"I had a couple of options in terms of location, however, I wanted to be out of the main cities and Goderich is a favourite place of my wife and I during the summer," John explained.

"We live in London, and it is a nice drive to Goderich, and gets us out of the city. I prefer a smaller community where

you get to know your customers on a more personal level, and I love interacting with people in the community."

Cooking is something John has always enjoyed, along with his son who had a brief stint with Boston Pizza while in school, involved in several positions.

John admits that taking over any business is a challenge, however, the hard work is starting to pay off as the store has several loyal and regular customers who have provided great feedback and compliments in terms of how the Black family operate the pizza shop.

"My son and I love talking to and find-

ing out about people, and I believe that comes across in our interactions with the customers," admitted John.

Although the Blacks have taken over, the family has yet to make any major changes to the shop or the menu to date.

A lot of the main decisions in terms of product offerings and prices are set by the corporate team of Little Caesars, but one change they are making in the coming weeks is the offering of large pizzas.

Up until now, the store has only offered medium pizzas, however, in response to feedback from customers, this is something the Blacks will be implementing shortly.

"We have the equipment and cookware, we just need to get our menu boards and online details all updated," said John.

"It requires some reprogramming work, and then we will be good to go."

Coming into a new community can be difficult, let alone starting the operating and management of a business. The family would love the community to know who they are, and to understand that they are a genuinely family-owned and operated business, with the hopes of becoming a greater part in this community.

"Being new to the business, we will make mistakes. However, we will always look to rectify these to ensure our customers are happy, and that we are their go-to pizza place," added John.

"We would also like to become more involved in the community in terms of perhaps, supplying the local schools and also become involved in initiatives with any sports teams in the area."

The Blacks welcome all feedback.

Development project at Maitland Golf Course approved by Council

CONTINUED FROM PAGE 7

In November, Council deferred the decision twice, to allow time to consider comments, concerns, and information received prior to and at the public meeting, before making their final decision.

"The deferral gave each of us the additional time we needed to give this most important decision further consideration and thought," said Councillor Randy Carroll.

"We weren't quite where we needed to be; we needed some extra time."

Victor Kloeze, Planner provided Council with further information, and while the scope has been redefined, further restrictions have been added to protect the natural environment.

Dated November 22, a letter to Council and Town Staff from several residents of Gloucester and Caledonia Terrace requested denial to develop the site-plan.

The residents requested the denial due to several reasons, some of which included the opinion that building a seasonal trailer park in the middle of a housing crisis is a waste, as well as building on a sensitive environ-

ment is not the best use of the property.

"This project will mar the vista of the Maitland Valley for any tourist, visitor, Maitland Valley fisherman, G2G trail user and anyone accessing the lookout point at the end of Gloucester Terrace," wrote the letter.

"This is not a legacy project to be proud of... Proceeding with this project shows that Goderich is not able to deliver on its Strategic Plan Goal with respect to Environmental Stewardship."

For the residents of Gloucester and Caledonia Terrace, they wished the lands to remain as a public access and do not agree that a trailer park is the highest and best use for these rare lands along the Maitland River.

Mike Murdoch is a part of a group of concerned residents, and he spoke at the December 18 meeting on the group's objection to the proposed development.

"There are too many uncertainties and questions left unanswered," said Murdoch.

"It is not the highest and best use of the land, and it comes with many negative con-

sequences. Appropriate development is acceptable, but not this proposed change."

Despite issues being raised in November, the last few weeks Council has not heard any new issues raised.

Following the weeks of consideration from all sides of this proposal, Council voted to approve the development project.

The updated planning report for By-law 129 gives two new zones to that plan. The first is a 'floodway special zone' that restricts building or changes to the floodplain in areas that aren't currently actively used as the golf course. The second is a 'natural environment special zone' that will naturalize the 15-meter buffer between the new recreational commercial zone and the top of the bluff.

"These zones are in place for long-term and will be enforced under the Town's Zoning By-law," explained Noel.

"In the short-term, we also need to look at development and construction on the property. Although by provincial mandate, Council no longer has any involvement in site-plan approval, but we still have the

power to direct staff."

Noel suggested that Council direct staff to ensure any site-plan agreement for this project shall contain: All recommendations included in the EIS and the peer-review including naturalization of the 15-meter buffer and staking of environmentally sensitive areas; A provision that all development and construction debris shall be disposed of in a manner acceptable to or directed by Town of Goderich staff; A provision that year-long services be on site; Penalties or other measures, to ensure compliance with the site-plan agreement given the environmentally sensitive nature of the property.

An appeal period ended on January 10. If an individual or group applied to appeal this decision, it would go before the Ontario Land Tribunal.

To appeal the decision to approve the development project at the Maitland, the individual or group had to have documentation that they oppose this project or would have to prove they had been before Council to oppose the project prior to Council making its final decision.

Winterfest 2024 comes to Downtown Goderich

AIDAN DOHERTY

Sun Contributor

Get ready for a variety of fun and exciting events for this year's upcoming Winterfest starting on February 2 to February 4 in Courthouse Square.

If the weather permits, on February 3, from 10 a.m. until 4 p.m., the Goderich BIA will be hosting the first ever Vendor Winterfest Market. Unique items and food from the local community will be available to purchase, so come on by and see for yourself.

Also starting at 10 a.m. there will lots be outdoor activities for the kids. Goderich Tourism brings a variety of different games and lots of fun is to be had including snowmen ring toss, racing an inflatable horse derby, competing with your buddies in a game of mini sticks and so much more.

In addition, from 11 a.m. to 2 p.m. there will be a petting zoo provided by Little Hobby Hill Farm. The animals that will be

there include alpacas, chickens, bunnies, and goats – animals that like Winterfest weather. This event is made possible by the good folks at Royal Le Page Heartland Realty. Prepare to have your heart melted by these adorable guys.

And while the kiddos play, the adult kids can enjoy a beverage at the Winterfest Square Brew bar between 11 a.m. and 4 p.m.

So, get bundled up for the winter weather and come to Downtown Goderich to have some fun. If you can't make it out on February 3, not to worry, as the outdoor activities and the petting zoo, will be there again on February 4.

If we get one of those notorious winter storms, or extreme windchill, we will be moving the outdoor activities to Memorial Arena (180 MacDonald Street).

While you are out and about on Winterfest weekend, be sure to enjoy some of the other fantastic events taking place.

In honor and preparation for National Send a Card to a Friend Day, which occurs

on February 7, the Goderich library will be hosting a crafty "make a card" day on Friday, February 2 from 1 p.m. to 3 p.m. This is the perfect activity for this PA Day, creating cards to share your appreciation with friends and family. Supplies will be provided.

Once you have used some your creative juices and need some time for relaxation, you can spend the evening between 7:30 p.m. and 8:30 p.m., on a nice stroll through the Maitland Woods enjoying the beautiful candlelit lanterns placed along the path by the amazing Maitland Trail Association (MTA). Don't forget to bring your special someone.

The trail is approximately 1.5 km long and is lit with extraordinary paper lanterns. The entrance is located on the east end of the Columbus Centre parking lot in Parson's Court.

Furthermore, you are welcome to bring your homemade or store-bought lantern. The MTA is always welcoming interested volunteers and should you want to join

in on the fun, contact Con Melady at 519-524-8730 for more information.

If you plan on coming, make sure you dress accordingly.

If you need a break from the chilly February air on Saturday, February 3, the Goderich Legion will host the highly anticipated Rotary Chili Cook Off from 11:30 a.m. until 1:30 p.m.

Have your chance to taste and help judge over 20 different homemade chilis. To enter and become a chili connoisseur, you can either donate perishable goods or make a small cash donation in support of our local food bank.

Here at Goderich Tourism, we personally enjoy sausage in our chili as it adds a nice texture and depth of flavor, you should try it if you haven't already.

Also, on February 3, don't forget to stop by the Goderich Library between 11 a.m. until 4 p.m. to play board games with your friends and get the chance to new make ones.

CONTINUE TO PAGE 13



KRISTY DALEY
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Royal LePage Heartland Realty would like to congratulate and recognize **Kristy Daley** on her Sales Achievement in 2023.



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Nominations open for conservation award

KATHLEEN SMITH

Editor

Ausable Bayfield Conservation has recognized outstanding achievements in conservation and stewardship each year with its award ceremony.

In 2024 the conservation authority will present its Conservationist of the Year Award for the 41st time.

The Conservationist Award acknowledges one individual or group per year who demonstrates positive, sustainable conservation principles.

"We appreciate all the local landowners and residents who are taking positive actions to create healthy watershed communities for today, and for future generations to come," said Marissa Vaughan, Chair of the Ausable Bayfield Conservation Authority (ABCA).

Past award winners have included rural landowners and residents, agricultural producers and farms, service clubs, community organizations, companies, nature groups, and municipalities.

"It is an honour to recognize one of these worthy stewards with the Conservationist of the Year Award," added Vaughan.

"Although we select one winner each year, we know

there are many individuals and groups who are worth of recognition, and I thank you all."

The local conservation authority invites the public to nominate a person, business, farm, community group, or organization in 2024 for the Conservationist of the Year Award.

Individuals, organizations, or companies who reside in, or have completed conservation work in the ABCA area, are eligible to win the award. Current ABCA staff and directors are excluded.

The nominees must have undertaken conservation efforts over several years, showing long-term benefits for nature and society.

Examples of conservation work include improving local water quality, conservation farming, reforestation, conservation education, providing wildlife and fish habitat, and promoting awareness and action for soil, water, and habitat for all living things.

The winner is presented with a hand-crafted gift and Ausable donates towards a tree and plaque at the Commemorative Woods site maintained by the ABC Foundation.

To submit a nomination, visit abca.ca for the nomination form.

More than one million trees planted since 2006

Ausable Bayfield Conservation Authority (ABCA), along with local landowners and other project partners, has planted more than one million trees since 2006.

Ian Jean is ABCA Forestry and Land Stewardship Specialist. Jean believes it is the work of local landowners and the support of project partners including funding partners that has made the tree program so successful.

Each year, local landowners plants tens of thousands of trees.

"When we looked back at the numbers, recently, we noted that since 2006, just more than one million trees had been planted across the watershed," Jean said.

"The other thing we noticed was an increasing trend in the number of people planting trees."

While more people are planting trees, this does not necessarily mean more trees are planted each year.

The number of trees planted in the watershed remains steady, fluctuating between 35,000 and 70,000 annually. The presence or absence of one or more large planting projects can make the difference between tree planting numbers at the higher or lower end of that range.

Trees and forests help to create clean air and clean water, Jean added. Trees and forests can also contribute to better mental and physical health.

More than 200 landowners in the watershed planted trees or had ABCA staff plant trees for them in 2023. This high level of interest in taking action to improve water, air and soil is worth noting.

"People are engaged, and they are working to make positive improvements," added Jean.

Spring is not far away and ABCA staff say a sure sign of spring coming is the Spring Tree Order Form. It is posted at the conservation authority website at abca.ca

Interested landowners may submit mail-in tree orders until January 31. Tree orders accompanied by payment are taken until February 29.

ABCA offers a wide range of trees through its spring tree planting program. The Forestry and Land Stewardship Specialist encourages interested landowners to visit abca.ca for the spring tree order form or to give him a call at 519-235-2610 to discuss planting projects.

"We're happy to help with project design and help to apply for funding for eligible projects," he said.



CREATING CLEAN AIR

(CONTRIBUTED PHOTO)

Ausable Bayfield Conservation encourages residents to plant trees in 2024 to enhance their property and their local watershed. Since 2006, more than one million trees have been planted in the area.

Funding programs are available in many areas for naturalization dependent on the type of project, location, and specific program details.

ABCA is grateful for program funding partners including member municipalities, Huron County Clean Water Project, Forests Ontario, the Government of Canada's Canada Nature Fund, Sunset Community Foundation and Ausable Bayfield Conservation Foundation, along with other funding partners, community donors and other valued partners.

For those who have property on which they can plant trees, consider purchasing a tree through the tree order program. If no room on your property, individuals can still help improve forest conditions by donating to tree planting through the Footprints to Forests program. (<https://www.footprintstoforests.com/>)

Be our Guest Fest

Big Brothers Big Sisters of South Bruce North Huron will be hosting a fun family Disney event - Be Our Guest Fest on Saturday, February 10 at the Davidson Centre in Kincardine.

This exciting event promises to be a day of fun for the whole family, with two time slots to choose from 10 a.m. to 12 p.m. and again from 1 p.m. to 3 p.m.

Tickets are \$20 per child and \$10 per adult.

Be Our Guest Fest boasts a variety of activities for children and adults alike, including bouncy castles, face painting, raffles, crafts, and snacks.

Each child will also receive a swag bag filled with exciting goodies. But the fun doesn't stop there - the event will feature special appearances by beloved characters such as Mickey and Minnie Mouse, Woody, Jessie, Jasmine, Elsa, and Anna.

Additionally, the cast of Studio 410's Music Theatre Company will be performing a mini showcase for attendees.

Big Brothers Big Sisters of South Bruce North Huron would like to extend gratitude to the event's sponsors: Culbert's Surveys, Kincardine Blue's Fest, Kincardine Dentistry, Kincardine Eye Care Family, Lakeside Chevrolet Buick, Saugeen Inflatables and Brad Kirkconnell - for their generous support.

All proceeds from Be Our Guest Fest will be going towards the mentoring program that Big Brothers Big Sisters provides in the community.

Don't miss out on this exciting opportunity to have fun with your family while supporting a great cause.

Get your tickets for Be Our Guest Fest today at our BBBS Office in Kincardine or online here: <https://brucehuron.bigbrothersbigsisters.ca/event/be-our-guest-fest/>

For more information on sponsorship opportunities for this event, please contact Executive Director, Yolanda Ritsema at yolanda.ritsema@bigbrothersbigsisters.ca

Weekend Quiz

1. Which house was Harry Potter in?
2. Where is the great barrier reef located?
3. What music artist has the most diamond certified albums?
4. At what temperature are Celsius and Fahrenheit equal?
5. What is the only type of rock that floats?
6. What does a red card mean in Soccer?
7. When was Earth Day first celebrated?
8. A shape with 5 sides is known as what?
9. The quinoa plant is native to what continent?
10. What is the deadliest disease in history?

This week's answers are found on pg. 26

VP of Operations at Cowbell proves skilled trades open doorways to other careers

KATHLEEN SMITH

Editor

Within Avon Maitland District School Board's (AMDSB) schools, students are offered opportunities to explore all five pathways: Apprenticeship; College; Community; University; and Workplace.

These opportunities with the Pathways Program allow students to learn more about who they are and what their interests and skills are.

St. Marys resident Chris Van Wieren, who is Vice President (VP) of Operations, at Cowbell Co. in Blyth can testify that skilled trades opened doors to a career he didn't think he would have when he left high school.

Van Wieren oversees operations on the production side of the brewery. When he first started with Cowbell, Van Wieren had helped construct the brewery in 2016-2017, as he is a plumber and a pipefitter by trade.

In July 2018, Van Wieren was recruited by the Cowbell leadership team, and just over five years later, his day to day involves working with the team to create new and delicious beverages.

Van Wieren is on the Pathways Advisory Committee (PAC) and sees value in giving students the opportunity to explore options outside of attending university.

Van Wieren explained that he had the grades to attend university but did not have the desire to spend four or more plus years in school, along with what the cost of it would be.

With that in mind, he took a co-op in his grade 12 year at a friend's dad's plumbing company. The day Van Wieren left high school he had already completed 1,200 hours (paid) completed for his apprenticeship.

Following that, Van Wieren began running commercial plumbing jobs across southern Ontario including the Cowbell build in Blyth where he got to know Cowbell's leadership during onsite meetings and review sessions.

"The Cowbell build was ambitious from both a design and duration of build perspective, which required close alignment between everyone," said Van Wieren.

"As I worked alongside Cowbell's team

during construction, I was able to build relationships that stuck even after the job was completed."

Cowbell successfully recruited Van Wieren into a maintenance role approximately one year after opening.

From there Van Wieren has worked his way up to Vice President (VP) of Operations based on a corporate structure that rewards strong work ethic, real life experience, ownership of results and a positive outlook.

Van Wieren further explained that being in the construction trade has more to it than just hands on work. He would interact daily on a professional level with architects, engineers, salespeople, owners, government inspectors, and other trades.

"This foundation allowed me to successfully continue those interactions in a completely different industry," added Van Wieren.

"It's very important for students (and parents) to understand that the skilled trades can open many different career paths."

Van Wieren is on the Pathways Advisory Committee (PAC), which is made up of community members in various areas – municipal, industry, education.

The PAC meets a few times a year where the Pathways Facilitators look for feedback and ideas that can help guide decisions for their program.

The focus right now is on the skilled trades and apprenticeship pathway, and how educators can better support students, parents, and communities in this area.

"We want to introduce the skilled trades and technology trades to students at a younger age and educate them and their families on this viable career path," explained Jodi Froud, OYAP Recruiter/Pathways Coordinator with Avon Maitland District School Board (AMDSB).

Within the options in the Pathways Program, through virtual, and hands-on experiences, students reflect on who they want to become and what goals need to be set to transition into one of the five pathways. This can include co-op placements and dual credit work.

Dual credit programs are ministry-approved programs that allow students, while they are still in secondary school, to take



(KATHLEEN SMITH PHOTO)

AT WORK AT THE BREWERY

Chris Van Wieren explaining the beer-making process at Cowbell.

college or apprenticeship courses. Their courses count towards both Ontario Secondary School Diploma (OSSD) and a post-secondary certificate, diploma, or degree.

Within pathways, students are encouraged to explore multiple pathways to gain experiences and knowledge that will lead them to a better understanding of what each pathway can provide.

For the last three years, Van Wieren has had three different, full-day Coop students at the brewery on the operations side of things. Two still work at the brewery. One has found a home on the hospitality side of Cowbell, while the other still works in the operations department.

"Pathways is dedicated to ensuring every student has a path after high school," said Van Wieren.

"They are working to dispel some myths about the skilled trades."

Pathways programming in schools includes specific programs such as Cooperative Education, Specialist High Skills Major, Dual Credit, Ontario Youth Apprenticeship Program, and other forms of experiential learning. This also includes what takes place at the new Pathways Innovation Centre in Stratford.

"The opportunities in high school vary and students' journeys can look different," added Froud.

"However, many students will participate in tech classes, do a job shadow, participate in a cooperative education program, gain skills, certifications, and experiences through the high skills program, potentially take a dual credit, and some of them register as apprentices."

Froud further explained that the program has many students participating in the skilled trades including those in the service sector, such as cooks, bakers, and hairstylists. This list also includes those in construction, motive power, and industrial sectors.

Van Wieren added that one of the topics of the past PAC meeting was how to get more students exposed to and excited about the skilled trades.

PAC discusses ways to engage students and have them understand the skilled trades offer many benefits including job security, good wages, advancement, and entrepreneurial opportunities.

"We talk a lot about the trades being more than just a job," Froud added.

"It is the entry point into so many other career paths."

For more information on the Pathways Program, visit <https://www.amdsb.ca/apps/pages/pathways>



(KATHLEEN SMITH PHOTO)

TEAMWORK

For the last three years, Van Wieren has had three different, full-day co-op students at the brewery on the operations side of things. Two still work at the brewery.

Winterfest 2024 comes to Downtown Goderich

JOIN THE WINTER FUN

(CONTRIBUTED PHOTO)

Join in on Winterfest's activities across the town, as well as in the downtown core from February 2 until February 4.

CONTINUED FROM PAGE 10

Outsmart your opponents in chess, checkers or Connect 4, become the richest in Monopoly, or test your flexibility in a game of Twister. We have a variety of games for all ages so there will be something for everyone.

And if you need some time to soak those sore, snow-shoveling muscles, head to the YMCA between 1:30 p.m. and 3:45 p.m. where there will be a Winterfest Open Swim. Grab your swimwear and dive in. (Don't worry, the Winterfest theme does NOT apply to the water temperature).

Finish off your Saturday with a Winterfest MEGA Meat Draw at the Goderich Legion. The draw will begin at 5 p.m., so get there early to get a seat. Bronson Line will be providing the entertainment while you win some meat. And come on back Sunday for Winterfest Bingo at Noon. It's a perfect weekend to win big at the Goderich Legion.

If the winter weather isn't your favourite, you can still enjoy Winterfest at one of our participating local restaurants. Our amazing local restaurateurs have joined in on the Winterfest fun and are providing a specialized Winterfest menu.

It's another big weekend in Goderich and we hope to see you at Winterfest 2024.

For More information and details please visit our website <https://exploregoderich.ca/goderich-events/> and or contact us.

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<p>FRIDAY FEBRUARY 2</p> <p>PA Days at the Library Goderich Library 1:00 PM - 3:00 PM</p> <p>MTA Candlelit Walk Maitland Trail - Columbus Centre 7:30 PM - 8:30 PM</p>	<p>SATURDAY FEBRUARY 3</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 50%;"> <p>Outdoor BIA Winterfest Market Courthouse Square Plaza 10:00 AM - 4:00 PM</p> <p>Winterfest Petting Zoo Courthouse Square 11:00 AM - 2:00 PM</p> <p>Winterfest Outdoor Activities Courthouse Square 10:00 AM - 4:00 PM</p> <p>Winterfest Square Brew Bar Courthouse Square Plaza 10:00 AM - 4:00 PM</p> <p>Winterfest Sno-Pitch Tournament Bannister Park 10:00 AM - 4:00 PM</p> </td> <td style="width: 50%;"> <p>Rotary Chili Cook-Off Goderich Legion 11:30 AM - 1:30 PM</p> <p>Game Day at the Library Goderich Library 11:00 AM - 4:00 PM</p> <p>Drop-In Winterfest Activities Huron County Museum 1:00 PM - 4:30 PM</p> <p>Winterfest Open Swim Goderich YMCA 1:30 PM - 3:45 PM</p> <p>Winterfest Mega Meat Draw Goderich Legion DRAW STARTS AT 5:00 PM</p> </td> </tr> </table>	<p>Outdoor BIA Winterfest Market Courthouse Square Plaza 10:00 AM - 4:00 PM</p> <p>Winterfest Petting Zoo Courthouse Square 11:00 AM - 2:00 PM</p> <p>Winterfest Outdoor Activities Courthouse Square 10:00 AM - 4:00 PM</p> <p>Winterfest Square Brew Bar Courthouse Square Plaza 10:00 AM - 4:00 PM</p> <p>Winterfest Sno-Pitch Tournament Bannister Park 10:00 AM - 4:00 PM</p>	<p>Rotary Chili Cook-Off Goderich Legion 11:30 AM - 1:30 PM</p> <p>Game Day at the Library Goderich Library 11:00 AM - 4:00 PM</p> <p>Drop-In Winterfest Activities Huron County Museum 1:00 PM - 4:30 PM</p> <p>Winterfest Open Swim Goderich YMCA 1:30 PM - 3:45 PM</p> <p>Winterfest Mega Meat Draw Goderich Legion DRAW STARTS AT 5:00 PM</p>	<p>SUNDAY FEBRUARY 4</p> <p>Winterfest Petting Zoo Courthouse Square 11:00 AM - 2:00 PM</p> <p>Winterfest Outdoor Activities Courthouse Square 10:00 AM - 4:00 PM</p> <p>Winterfest BINGO Goderich Legion Noon - 3:00 PM</p>
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WINTERFEST OUTDOOR ACTIVITIES INCLUDE:
Lane Horse Derby Inflatable, Snowman Ring Toss, Duck Hunt Bucket Game, Outdoor Curling, Quick Tap Arena (inflatable game), Fish in a Bowl Bucket Game, Bullseye Bucket Game.

WINTERFEST MENUS
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Goderich gears up for the 73rd Young Canada Week

RICHARD MADGE

Sun Contributor

The Goderich Lions Club has sponsored its Young Canada Week minor hockey tournament for over 70 years and the March break event is a part of hockey lore and indeed the very culture of this town.

This year's tournament begins at the Maitland Recreation Centre (MRC) on the morning of Friday, March 8 with the opening ceremony slated for 7 p.m. that evening.

This 73rd annual edition of the tourney, will run until March 16, providing nine full days of minor hockey action in Goderich, divided into six divisions.

There will be Local League (LL) and Rep. sections in three age groups: U13, U15 and U18, with a total of 44 teams participating this year.

Some of the teams competing are from Owen Sound, South Muskoka, Upper York, Elmvale, Norwich and Belmont, along with teams from most of the local surrounding minor hockey systems.

Games are scheduled daily from 8 a.m. to 8 p.m. and there is no admission charge for those who wish to attend and watch.

The U13 divisions play on March 8 to 10, with the U15 teams in action March 11 to 13 and the U18 entries slated for March 14 to 16.

In former years, in its days as one of the foremost minor hockey tournaments in Canada, the citizens of the town showed their support for Young Canada Week by wearing hockey sweaters throughout the week.

A large variety of jerseys were seen in the arena, in stores across town, in places of business, and on the streets of Goderich, giving a festive atmosphere to the occasion.

The president of Goderich Minor Hockey, Mike McBride, and the chair of the Lions' Young Canada Week Committee, Mike Alcock, encourage the citizens of Goderich to renew this tradition as the town celebrates the 73rd tournament.



"Through a lot of hard work and volunteers from Goderich Minor Hockey and the Lion's Club, Young Canada Week was brought back to its original one week format a few years ago," explained Mike McBride.

"This has been met with overwhelming response throughout the hockey community. We encourage everyone to wear a hockey jersey throughout the week to show their support for Young Canada Week."

According to McBride, registration filled up early this year, showing once again that there is excitement and a continuing need for this tournament for youth hockey.

"The residents and businesses of Goderich can be proud knowing this tournament is well received due to their kind hospitality and welcoming attitude," concluded McBride.

For the full schedule, and results of the 73rd tournament, search Young Canada Week 2023 (Young Canada Week) online.

GODERICH JUNIOR FLYERS

2024 Player Statistics

(through February 1, 2024)

PLAYER	POS	GP	G	A	PTS
Leland Weber	F	33	8	8	16
Jackson Andrews	F	34	3	11	14
Jared Houghton	F	18	8	4	12
Carson Fletcher	F	34	2	10	12
Trent Carter	F	29	5	6	11
Owen Shore	F	12	4	3	7
Cohen Lesouder	F	29	1	5	6
Jeremy Hamilton	D	34	1	5	6
Kyle Smeltzer	F	24	4	1	5
Reid Williams	D	23	1	4	5
James Bender	F	33	2	2	4
Carson Stutzman	F	20	2	1	3
Brady Fraser	D	27	1	2	3
Cooper Gaul	D	31	1	2	3
Mitchell Hodges	D	31	1	2	3
Mitch Perry	F	17	2	0	2
Jayce MacArthur	F	23	2	0	2
Ryan McGee	F	4	1	1	2
Austin Aldrich	F	31	1	1	2
Wyatt Connelly	D	11	0	2	2
Tyson Rintoul	F	13	1	0	1
Logan Karges	D	1	0	1	1
Brett Reesor	F	6	0	1	1
Wilder Hoggarth	D	10	0	1	1
Cameron McCarthy	F	20	0	1	1
Payten Wheeler	F	20	0	1	1
Rowan Alexander	D	31	0	1	1
Dax Vader	F	1	0	0	0
Jordan Curran	F	2	0	0	0
Jaden Meyer	D	3	0	0	0
Keegan Greer	D	4	0	0	0
Nathan Arnold	D	11	0	0	0

PLAYER	RECORD	GAA	SV%
Logan Bromley	1-14-0-2	4.52	.875
Christian DeJong	2-14-1-0	5.96	.846

Goderich Junior Flyers Report

RICHARD MADGE

Sun Contributor

The Goderich Junior Flyers won one of the seven games they played in a busy January Provincial Junior Hockey League (PJHL) schedule.

The victory was an exciting 4-3 overtime verdict over the Mitchell Hawks, the

team immediately ahead of the Flyers in the Pollock Division standings.

Carson Fletcher got the Flyers off to an early lead scoring midway through the first period on a play with Jeremy Hamilton.

A couple of minutes later Jayce MacArthur made it 2-0 on a goal assisted by Col-

in Lesouder and Logan Karges.

The Hawk's Nolan Gagnier, a former Flyer, got one back for Mitchell before the end of the period.

Jared Houghton restored the Flyers two goal lead with the only goal of the second period, a powerplay effort assisted by Jackson Andrews and Reid Williams.

Jayson Tenhag, and Gagnier with his second of the night, pulled the Hawks into a tie with their third period goals, sending the game into the overtime frame.

The Flyers had a man advantage to start the extra time and they took advantage of it.

The Flyers and Hawks have made several trades with each other over the past couple of seasons and it was a former Hawk, Jackson Andrews, getting the winning goal for Goderich 46 seconds into the overtime.

It was with a shot from just inside the right circle that beat one-time Flyer

PROVINCIAL JUNIOR HOCKEY LEAGUE

NORTH POLLOCK DIVISION

(Standings through February 1, 2024)

	GP	W	L	T	GF	GA	DIFF	PTS
Hanover Barons	35	29	4	2	165	77	88	60
Mount Forest Patriots	34	25	7	0	153	85	68	52
Kincardine Bulldogs	36	19	10	5	125	111	14	45
Fergus Whalers	34	15	14	2	127	110	17	35
Walkerton Capitals	34	15	15	2	100	107	-7	34
Wingham Ironmen	34	14	16	1	88	98	-10	32
Mitchell Hawks	35	10	20	2	96	135	-39	25
Goderich Jr. Flyers	34	3	28	2	51	182	-131	9

Goderich Junior Flyers

CONTINUED FROM PAGE 14

goalie Tomas Brintnell and this goal gave the Flyers their third win of the season.

Flyer's associate coach Shawn Dickey was pleased with the effort shown by the Flyers, the youngest team in the division.

The Flyers, despite their poor won-lost record, have played a lot of competitive games this season.

Goals don't come easily for the team, but Dickey points out it can take a full season for younger players to grasp the concepts and speed of junior hockey.

With some added players and the year's experience he feels the Flyers can aspire to play at a higher-level next season.

Dickey says that general manager Todd Norman, now also acting in a coaching role, is a very knowledgeable hockey man, and that he and newly added coach Jay De Caluwe can bring different perspectives to the game that will lead to more success for the team.

Unfortunately, the Flyers other games saw them lose twice to the Kincardine Bulldogs, twice to the Fergus Whalers, once to the Hanover Barons and once to the Wingham Ironmen.

The first loss to Kincardine, 8-3, happened before a crowd of 300, the best of the season at the Maitland Recreation Centre (MRC).

A nice touch at the beginning of the game by the Flyer's management had the Flyer's Jared Houghton and his brother Trent of the Bulldogs matched up in the ceremonial faceoff.

Both brothers scored goals in the game,

but Trent's teammate Gavin Downs had a three goal hattrick to pace the 'Dogs to their win.

The second Bulldog victory was a 4-1 decision in Kincardine in which Kyle Smeltzer scored the only Flyer goal, assisted by Carson Fletcher.

The Whalers' two wins over the Flyers were decisive: 11-1 and 7-1.

The lopsided 11-1 game proved frustrating for the Flyers and saw them take 41 minutes in penalties, an anomaly for the Flyers, the least penalized team in the division.

Mitch Perry scored the lone Flyer goal.

In the return match in Fergus, the Whalers were three-for-three on powerplays while the Flyers went zero-for-four, with Jared Houghton getting their only goal.

The Flyers' 6-1 loss to the division leading Hanover Barons had Patrick Brown pacing the Barons with a pair of goals while Leland Weber scored for the Flyers, assisted by Trent Carter.

The Flyers were in their game, playing well against the Wingham Ironmen, which the Ironmen won 2-0.

The teams battled through two scoreless periods before Adam MacRobbie and Jesse Coombs got third period goals for the Ironmen. Kaleb Meyer got the shutout for Wingham.

The Flyers have three home games remaining on their schedule in February, all Saturdays at 8 p.m.

The Flyers host the Barons on February 3, the Whalers on February 10 and the Mount Forest Patriots on February 24.

U11 LL Black earns silver medal



(CONTRIBUTED PHOTO)

U11 LL BLACK

(Front row, L-R): Rhedyn Banerjee, Bryce Woods, Cam Ward, Nathan Reddington, Connor Morrissey. (Middle row, L-R): Matthew Evans, Blake Snieder, Forrest Nuhn, Nixon Gillard, Isaac Armstrong, Dustin Meriam, Reese Carver, Jackson McIntyre. (Back row, L-R): Trainer Matt Woods and Head Coach Nic Armstrong.

The Goderich Minor Hockey U11 LL Black team entered a one-day tournament on January 6 in Palmerston.

The Team played three games. The squad won the first two games by scores 2-0 against Walkerton and 6-2 against Sa-

ugeen Shores.

Ending up in the 'A' final where they lost 2-1 to Hespeler was a hard fought match, but the U11 LL Black squad ended up an 'A' finalist, and received a silver medal.

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on our website:
goderichminorbaseball.ca

- Baseball Programs for Boys & Girls
- Seahawks Girls Softball ages 6-21 (windmill pitching)
- Rally Cap for 5 year olds (2019) & U7 Girls TimBit Development Program
- Early Bird Discount If You Register By Feb.17

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Dave Wise

Beauty in the bleak midwinter. Taken on a private beach just north of Goderich. (CREDIT: Dave Wise)

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Huron County Community Safety and Well Being Plan launches first of four campaigns

KATHLEEN SMITH

Editor

Huron County is a unique blend of rural and urban, and like many primarily rural counties, Huron must manage several demographic and socio-economic challenges and considerations.

As a result of amendments to the Police Services Act, 1990, which came into effect on January 1, 2019, all municipalities across Ontario were required to develop and adopt a Community Safety and Well Being (CSWB) Plan.

The Huron County Community Safety and Well Being Working Group was established in 2019 to develop a consolidated Plan for the county.

In February 2020, a survey was created and distributed throughout the County to assess each municipality's well being and feelings of safety for residents.

Based on survey results and evidence-based research, the Plan identified the following four priority areas for action: Mental Health and Addiction, Housing and Homelessness, Domestic and Family Violence, and Community Security.

The first of four campaigns launched on January 19, and it focuses on Mental Health and Addiction.

"Getting the word out about what is being done and the steps we are taking to address these issues is one of our goals for 2024," admitted Michaela Johnston, CEMC Accessibility and Health and Safety Manager.

"A large part of this will be the development of a Community Safety and Well Being Huron website, which will provide information on all four Priority Areas

and links to find support."

According to a report by Johnston, many preliminary issues identified like affordable housing, transportation, mental health, and substance misuse, and interdependent and multi-jurisdictional.

The broad goal of the CSWB plan is to make communities safer, more inclusive, more resilient, and places where all residents thrive.

The report states that preventing crime and enhancing safety

requires addressing issues before they arise, or incidents occur.

"I think it's important to note that organizations and municipalities in Huron County are already doing work – great work – to address these issues," Johnston remarked.

There is DART, and in Huron County there is also the Homelessness Task Force, the Huron Perth Addiction and Mental Health Alliance, and many other

committees and organizations working to address certain issues.

Municipalities are tasked with assisting these committees and organizations through the Plan to amplify their work and bring it to a grassroots level.

"Together, the Oversight Committee has brought the advocates and champions for the four Priority Areas together to identify and map out work that is currently being done in Huron County to address these issues," Johnston said.

"This was eye-opening for many members, including myself, as we often get 'siloed' in our own area."

Johnston is also a member of the Ontario Municipal Social Services Association (OMSSA) Community Safety and Well Being, which is a group that comes together to discuss municipal progress on the plan. This group collaborates on best practices, ways to find funding, interesting and meaningful and fruitful initiatives.

According to Johnston, as part of the Renfrew Recommendations, it was recommended that municipalities include Intimate Partner Violence (IPV) in their Community Safety and Well Being Plans.

"The Huron lower tier municipalities have done this – and not as a result of the recommendations but because it is unfortunately a priority issue in our community," explained Johnston.

"That being said, we understand it's an issue and have been trying to address and educate, event establishing DART."

CONTINUE TO PAGE 18

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Huron County Community Safety and Well Being Plan launches first of four campaigns

CONTINUED FROM PAGE 17

DART is the Domestic Assault Review Team that works together to improve community response to victims of domestic and sexual violence.

According to DART, approximately every six days, a woman in Canada is killed by her intimate partner. Women in rural areas experience the highest rates of intimate partner violence.

“Other communities much larger than ours in the GTA are just setting up these action tables to address Intimate Partner Violence now, and IPV does not form part of their Plan,” explained Johnston.

“Organizations and services in Huron County are really doing a great job – but we do need more funding in order to excel and succeed.”

DART was established in 1992 to discuss, advocate and educate persons about domestic and family violence including IPV.

Johnston explained that while all four Priority Areas are important to focus on, mental health and addiction can be viewed as an overarching issue that affects not only the four areas, but other societal concerns.

It ranked the highest priority area across the region through community input and surveys.

The COVID-19 pandemic upended most aspects of daily life in Huron County, and revealed inequities in access across the county, including lack of access to decent work and experiences of discrimination.

Social and economic recovery from the pandemic requires a new tethering of police services to the broader economic logic of social investment. Through proactive harm reduction and social inclusion, Huron County’s CSWB Plan can help advance that recovery.

The report states that police data suggests there has been an increase in service calls during the pandemic, particularly for wellness checks and mental health calls.

Huron residents have reported poor rates of mental health and are vulnerable because of unique characteristics with living in a rural area.

The Ontario Provincial Police (OPP) Huron Detachment is supportive of the collaborative approach to addressing local priorities.

“Community safety and well being cannot rest solely on the shoulders of the police,” admitted Inspector Jason Younan, Detachment Commander, Huron OPP.

“It is a shared responsibility by all members of the community and requires an integrated approach. The Huron OPP are committed to fighting crime, victimization, and violence on every front with a vision of a safe community and secure Ontario.”

Each year there are increases in incidences of violent crime (up 7 per cent), and mental health act calls (up 21 per cent).

The Mental Health Commission of Canada estimates that the economic cost of mental illness nationally is around \$51 billion per year, which includes health care costs, low productivity, and impacts on health-related quality of life.

By the time Canadians reach 40-years-old, one in two people have, or have had, a mental illness. Nearly 24,000 people live in Huron Perth, and many could benefit from some level of mental health and addiction services.

According to Johnston, by the time Canadians reach 40 years of age, one in two have, or have had, a mental illness.

Mental health and addiction are inter-related issues for many in Huron County and it is important to recognize this.

It is believed that open dialogue and transparency is needed to reduce the stigma, and proper diagnosis and faster sustained treatment is required.

“Mental health is something that there has been a stigma attached to for a long time,” said Deputy Mayor Leah Noel at a January Council meeting.

“It seems to me that every day and every initiative that we as a community embrace and endorse, helps us all understand that there should be no stigma attached.”

The Committee’s Priority Area mapping task has allowed them to look at redundancies and opportunities for collaboration. In addition, once gaps are identified the committee can work towards addressing those needs in the community, and who would be tasked with that.

Johnston explained that communication will be a key factor to having synchronized and focused messaging throughout Huron County.

“Our mental health and addiction campaign is focused on ‘you are not alone’, and ‘there is no wrong door,’” explained Johnston.

“For instance, if you call CMHA Huron Perth, they can direct you to services in your community that fit your needs.”

This Plan is an approach aiming to be more proactive.

For instance, proactive messaging being sent out throughout January, February, and March will focus on mental health and addiction.

The committee wants people to find the help they need before they are in a crisis.

As the Plan evolves, the main topic of discussion will be what the action will be to address or find solutions to these issues.

Currently, Johnston explained that the committee needs to focus on educating persons about the facts surrounding these issues and where to find help, explaining that they are not issues that can be solved overnight.

“However, we have the right team together that wants to make a difference,” added Johnston.

“These issues are all complex and connected. The first step we have taken is

to get all the players together to discuss them in a holistic community approach. Strategic partnerships are being formed between municipalities, and community organizations, to address these issues.”

The committee is hopeful there will be government support to help advance the Plan. Now, it is an unfunded yet mandated requirement for every municipality to establish and report on a Community Safety and Well Being Plan.

Each of the lower-tier municipalities have contributed funds to work together to establish a joint website and prepare informational materials and eventually presentations or Town Hall events to advance the plan through education.

“We hope the amendments to the Police Services Act, expected to be released in April 2024, will include funding for these Plans,” Johnston said.

Municipalities, community members and other organizations are all cash-crunched, but Johnston explained that government funding would allow the committee to establish a more robust campaign, tailored to members of the community.

“The creation of proactive educational videos tailored to our rural community members that address issues that hit home and perhaps highlight individuals with lived experience, would be my dream,” added Johnston.

When it comes to the systems in place to help keep people healthy and safe, in terms of mental health, access to those aids can sometimes be a revolving door for many individuals.

This idea of a revolving door has been discussed at many levels and brings frustration to many, as it is also one of the issues the community needs to be educated on.

“Unfortunately, you cannot ‘make’ someone get help. Yes, there are instances where an individual may be taken to a hospital for assessment or treatment, however, the health system is very limited in what they can do,” Johnston lamented.

“Huron County has many advocates for mental health, and they are trying desperately to get individuals assistance at every turn. But people must want to get help. We need to work on how to address that issue. How to get people to reach out or accept help.”

Johnston believes that one way is education of everyone in the community from all ages. Another way is advocating for more funding for Mobile Crisis Response Teams (MCRT) in Huron County, which service individuals presenting with symptoms of mental illness, substance abuse, behavioural disorders, or people in acute crisis.

The MCRT pairs an officer with a mental health professional who responds to incidents to obtain mental health supports immediately for an individual.

These models improve outcomes for individuals experiencing these issues by providing them with support in their mo-

ment of crisis.

But for Johnston, it’s not just being proactive. It is addressing the stigma attached to mental health and addiction.

“Stigma does not assist anyone,” Johnston stressed.

“We also need to treat the underlying causes for those who suffer from addiction. Educating our youth is a proactive approach as is educating members of the community, to identify changes in behaviour or causes of concern, and where to get help for their loved ones or themselves.”

On the topic of mental health and addictions community safety is two-fold – the individuals who are in crisis and need help, and the people who live with those individuals or come across them in the community.

Everyone should feel safe, heard and taken care of.

This has been discussed both at the municipal level and at the Oversight Committee.

“While this campaign does focus on individuals who are in crisis and the promotion of where to get help, I believe it is very important that we also address stigma and how to obtain assistance for someone who may be in distress,” added Johnston.

“Individuals are not their illness or addiction.”

The Committee understands that coming across someone acting irrationally can be frightening or upsetting. Johnston believes this is a topic that could be the focus for an educational piece in the near future.

The short-term goal for the committee, or of this campaign at least, is to get those important help lines and websites out to the masses. This is to ensure that people know where they can obtain information regarding mental health and addiction, and where they can go for help.

“We are in the process of developing our long-term goals and identifying performance measure indicators to use and report back to the community with,” Johnston added.

“I can say that we would like to see a decrease in overall mental health acts in the community and a decrease in the need for our services and the wait lists associated with them.”

The establishment of the Oversight Committee allowed for champions of mental health to sit side-by-side with champions of domestic and family violence, of education, youth justice, and other areas, to discuss how they can work together to amplify the work being done.

According to Johnston, in 2024 the committee also plans to work to identify gaps in these areas that could be addressed by established organizations or action tables or identify action tables that need to be set up to address certain issues.

Once those gaps are identified, the committee will set their direction for 2025.

February Films to get excited about

ROB MCAULEY

Sun Contributor

As the year progresses, the quality of films tends to improve. Here in February, the best Christmas season films are still around, and the January features are going away. We are ready for a new batch.

Some of these films will play at The Park Theatre on The Square, but many will likely only be available in the city.

Perfect Days - This film is about a Tokyo public toilet cleaner. Tokyo has a fascinating public toilet culture, where they are respected and at the forefront of design. This film by Wim Wenders (Paris, Texas, Buena Vista Social Club) follows the cleaner as he goes about his rounds and deals with various situations. His niece runs away from home and wants to join him at his job; his cleaning partner lacks respect for their work; and an acquaintance wants to sell his collection of classic rock cassettes. Music featured in the film includes songs by Lou Reed, The Rolling Stones, Patti Smith, The Kinks, Van Morrison, and others. Reviews have been exceptional and call it a "quietly soaring gem". Interesting fact: This film is the first Japanese Academy Award nominee directed by a someone

who is not Japanese.

The Taste of Things - The French nominee for Best International film at this year's Oscars is The Taste of Things. It stars Juliette Binoche (The English Patient, Chocolat) as a cook in the 1880's who has been working for her boss for 20 years. His romantic gestures are regularly rejected, which leads to him step into the kitchen for the first time, where they impress the world's top chefs. This sounds like Food Porn of the best kind! Interesting Fact: Anatomy of a Fall won the Palme d'Or at Cannes, beating this film but this was still chosen to represent France. Anatomy of a Fall was nominated for Best Picture.

Lisa Frankenstein - Looking for a scarier version of Mean Girls? Want the perfect mash-up of Frankenstein, Clueless and a horror rom-com? This film has it all. All the girls are looking for the perfect man, but Lisa's only love is a long dead guy, whose bust she watches over in the cemetery. When the grave is struck by lightning, he comes to life! He is almost perfect but is missing a hand. Can Lisa make him whole? What will her classmates think? The script is by Diablo Cody (Juno), and is set in the 80's. The soundtrack features

your favourite goth bands: The Zombies, The Jesus and Mary Chain, Echo and the Bunnymen, and The Pixies. Interesting fact: This is the first feature by director Zelda Williams, Robin Williams' daughter.

Bob Marley: One Love - This biopic shows Bob Marley singing about peace and love, while Jamaica faces huge political unrest. The film features many of his songs with the Wailers. Interesting fact: Ziggy Marley is one of the producers of the film, and selected the actor who would play his father. The film also features real-life characters of Joe Strummer (The Clash), Peter Tosh and Junior Marvin.

Drive Away Dolls - Imagine a Coen brothers' film with just one Coen brother. Ethan writes and directs this road trip, where a couple of girls head down to Florida to get away from it all, but their drive-away car was supposed to make a delivery for some less-than-brilliant bad guys. It appears to play like a classic Coen film, with some very funny situations. It stars Beanie Feldstein (Lady Bird, Booksmart), Pedro Pascal (The Last of Us, Game of Thrones), and Matt Damon (you know him). Interesting fact: The COVID pan-

demic made it difficult for brothers Ethan and Joel Coen to work together, so Ethan and his wife worked on this film. The film was supposed to be released in the fall but was delayed due to the actor's strike.

Dune: Part Two - Denis Villeneuve's conclusion to this sci-fi classic. Part one was released in a gap in the COVID pandemic in 2021, where it played in IMAX theatres with lots of spacing between seats. That film introduced the characters, but wrapped up just as things were getting interesting. This second part ramps up the action and introduces a few more interesting characters. These include Christopher Walken as Emperor Shaddam and Austin Butler (Elvis) as Baron Harkonnen's nephew. Interesting fact: This film was made for IMAX. You will want to head to London to see it as it was intended!

Be sure to say Hi when you come out to the Park for a show, and watch for Michael Mann's Ferrari, playing for the Livery Film Fest on Thursday, February 29.

Rob McAuley
rob@rmcauley.ca

Rob is the manager of the Park Theatre, on the Square in Goderich, the Chair of the Livery Film Fest, and the TIFF liaison for the Bayfield Indie Film Series.

Flourishing programs for young aspiring thespians at The Livery

The Ordinary Magic Theatre for Young Players presented a series of three plays at The Livery in Goderich during January.

The program involved over 100 young thespians from the young age of five, up to the age of 13. The program was under the direction of Heather Dawe, Jacqui Knap

and Jennifer Cousteils.

Theatre for young players is flourishing in Goderich and the young actors outdid themselves in the productions.

This spring, Ordinary Magic Theatre for Young Players will also be offering a series of four workshops to further devel-

op skills.

These Saturday workshops will be offered on Clowning, Puppetry, Stage Makeup, and Stage Combat. More information is available online.

The three plays performed by the Ordinary Magic Theatre for Young Players

were Character Matters, a musical directed by Heather Dawe, Book Reports of Destiny, directed by Jacqui Knap, and Twice Upon a Time, directed by Jennifer Cousteils.

(CONTRIBUTED PHOTOS)



When the Magic Mirrors have a crisis of conscience over telling the truth to the Wicked Queen, they turn to the Fairy Tale Advice Council in "Character Matters." This musical was directed by Heather Dawe.



The grand finale of the musical, "Character Matters" involved 18 young singers and actors at the Livery.



When a borrowed horse runs away from her epic birthday party, Jubie K. Rubie learns that even her "arch nemesis" can be helpful in solving the mystery. All the kids become friends as they work together in "Book Reports of Destiny" presented at the Livery by Ordinary Magic Theatre for Young Players. Jacqui Knap directed.



When two young girls press a button on an ancient printing press, they are transported to the magical land of Wunzapon, and meet Grim fairy tale characters different than they had imagined in "Book Reports of Destiny."

The Letters of Private Joseph Hodgskinson, 29th Illinois Volunteers

DAVID YATES

Sun Contributor

Joseph Hodgskinson might have lived a life of forgotten obscurity.

All that remains of Hodgskinson are a few letters to his wife and 20-year-old daughter describing his experiences as a private in the US army during the American Civil War, the bloodiest and most decisive conflict in that nation's history, which ended with the union preserved and the liberation of over four million people from chattel slavery.

Hodgskinson's letters are the thoughts of an ordinary man during a time of personal and national trial and tribulation. He was the proverbial 'every man' caught up in an extraordinary time who faithfully served unto death a country and a cause that was not his own.

Little is known about his early life. Probably born in England around 1820, Hodgskinson married Margaret Watson, of Lancashire, in 1840 or 1841. The couple had two daughters, Annie, who died in infancy, and Celina born about 1841.

The family emigrated to Canada West from Edinburgh, Scotland in 1851. While in Canada, Hodgskinson worked as a railroad contractor.

The family led a wandering life living in Peterborough, Cobourg, Brantford among other places where Joseph's work took him. However, he appears to have suffered heavy financial losses. To recover the family's fortunes, Hodgskinson left his family behind in Canada to build railways in the southern states.

Hodgskinson's correspondence with his family was spotty even before the war began. In his earliest surviving letter, dated 21 December 1860, he wrote that "you will

think it long since last heard from me."

His sojourn in the southern states was interrupted by the secession of those states from the Union in 1861. As a British subject from the north, according to his wife, Margaret's obituary, he was kept "eight months in confinement" before being 'liberated' and joining in the Union army.

His official attestation papers state that he enlisted as a private in the K Company, 29th Illinois Volunteers on August 17, 1861.

As a 'volunteer' regiment, Hodgskinson felt no pressure to enlist. As a British subject he had no obligation to fight but, perhaps, a sense of adventure motivated him; or, a chance to prove his manhood, or, did he believe in the war's higher purpose of preserving the Union and, perhaps, helping to free four million people from human bondage, or, was it the inducement of regular food, clothing and \$13 monthly pay (usually in arrears) that made him sign up?

Whatever his motive, Hodgskinson enlisted in a regiment destined to fight some of the most decisive battles of the war.

In early January 1862, Hodgskinson's regiment was encamped at Cairo, Tennessee. Even though 70,000 men of the Union Army of the Tennessee River had chased the "Rebels" south for 12 days, he accurately predicted that there was "no doubt but there will be a great number of lives lost on both sides" before the war ended.

Less accurately, Hodgskinson thought the war "cannot last much longer" as "neither side can get money to carry on with" it. He also noted that the "South soldiers" were deserting in large number because they "starving for both meat and clothing."

More ominously, Hodgskinson wrote that "there has been a great pall of sickness" in his camp as "measels and smallpox and



Thomas and Celina Ballantyne's Brussels house on the banks of the Maitland River circa 1892. Margaret in black is seated centre; Celina standing with white apron holding child.

the mumps" have afflicted 15 or 20 men of his company of 100 men, one of whom had died. Hodgskinson account of sickness in the camp is a fair indication of reality during the American Civil War as sickness killed two-thirds of the over 360,000 Union Army deaths.

In a March 19, 1862, letter Hodgskinson announced to his wife and daughter that he had taken part in the capture of Fort Donelson in capturing "15,000 prisoners with all their guns, horses, wagons, tents, provisions" too numerous to mention on February 16.

After three days of heavy fighting, Hodgskinson's regiment was involved in successfully preventing the Confederate break out of the fort on February 15. In that decisive encounter, Hodgskinson reported that his company was "half killed and wounded."

Further, Hodgskinson recounted that "the morning after the battle the field was a fearful sight, you might almost walk on dead bodies for a long distance." He thanked "the Providence of the Lord" for his survival.

His next letter dated June 12, 1862, reports that Hodgskinson was a battle-hardened veteran as he survived the bloody Battle of Shiloh. The Illinois Adjutant General's Report (1900) history recorded that the 29th Illinois Volunteers "bore a most honourable part in the Battle of Shiloh, April 6 and 7, 1862. With an effective strength of 400, it lost 100 killed and wounded." Hodgskinson lamented that "we have only 300 men remaining out of 1,000 since I joined the army."

Hodgskinson said it "was impossible for us to get liquor at any price" but said some 'whiskey' could be smuggled into at \$2.85 a bottle which was less than a quart's worth. His inability to get liquor could not met with much sympathy from his wife who complained that he never sent her any money to support her or their daughter. He promised to send \$5.00 but as money was either in arrears or paid out in paper, it would not have any value in Canada. He advised his wife "to get along the best you can as things are looking very bad at the present."

In a letter dated November 1862, Hodgskinson recounts chasing 'small gangs' of rebels over the countryside after 30 members of his regiment were captured guarding the railroads as rebels threatened the army's supply lines by destroying bridges and railroads.

Hodgskinson still believed the war was near an end because the captured rebels he had seen were "all starving for want of both

clothes and bread." He concluded that it was "impossible for the war to last much longer."

Hodgskinson's last known letter was dated January 7, 1863. It was also his most personal letter and addressed to his daughter, Celina, when he learned of her marriage to Thomas Ballantyne, of Brussels the previous November.

He claimed 'surprise' because "I am afraid you are a little too young (she was about 20 years old and had not seen her in years) but dear daughter" you have "my blessings and the blessings of Almighty God be with you through life."

Despite his absence, Hodgskinson cared for his daughter. He offered much Victorian era fatherly counsel advising that her "future happiness will much depend on your good conduct." He hoped that "the little troubles you have been both at your home" will be "a sufficient warning to put you on your guard, and always consider the duty you owe your husband."

Hodgskinson concluded his marital advice by warning Celina, "guard against all Evil vices that may come to you" so that "the blessings of Allmighty God, Crown you and your husband both in industry, prosperity and happiness through this world of trouble and be prepared to meet your Maker at the day of judgement."

It was his most personal letting signing off "Father Joseph Hodgskinson. It was also his last known letter as he was either captured in November 1863 and died as a prisoner of war; or perhaps he was the 'Adkinson' who drowned while fording a river in pursuit of rebels in February 1864. Whatever his fate, Joseph Hodgskinson did not survive the war.

His wife, Margaret, moved into her daughter's Brussels home on the banks of the Maitland River in 1863. She was granted a US Army widow's pension of \$8.00 a month starting in February 1880 but was revoked on July 1, 1893, because she did not reside in the United States.

"Kind hearted and neighbourly", "Aunty Hodgskinson" died in Brussels on March 5, 1894 at the age of 75. Her daughter, Celina, passed away on June 16, 1901, at the age of 58. She clearly took her father's advice to heart as her obituary described her as "kind-hearted, loyal to her family, industrious in all her concerns and was most highly respected in" Brussels.

Joseph's legacy, lived on in his wife and daughter, and the country in whose cause he served.



(COURTESY HURON COUNTY MUSEUM PHOTOS)

Hodgskinson Family c. 1851. Margaret (standing centre), Celina (sitting left) and Joseph (sitting right).

World Wetlands Day is February 2



A wetland project by local landowners Mels and Ruthanne van der Laan, of Cold Stream Ranch, Denfield.

Ausable Bayfield Conservation has links to funds and encourages residents to consider local wetland restoration.

Since 2008 Ausable Bayfield Conservation has helped 245 local landowners to create 131 wetlands, totaling almost 1,000 acres, including riparian and riverbank plantings.

World Wetlands Day is celebrated on February 2, and Ausable Bayfield Conservation Authority (ABCA) is grateful for everyone in the region who values wetlands, and who are helping conserve natural areas, woodlots, and grasslands.

Angela Van Niekerk is a Wetlands Specialist with ABCA. She said these wetland projects have been possible with low or no costs to the landowners, thanks to the support of funding partners.

Staff make it easy for the landowners to support their projects. ABCA encourages local landowners to contact ABCA staff for all their wetland project questions and

needs.

Mels and Ruthanna van der Laan of Cold Stream Ranch are some of the local landowners enhancing wetlands on their property.

In 2010, they contacted Ausable Bayfield Conservation to see if it was possible to restore four acres of what was once pastureland for their Texel sheep.

ABCA staff helped them turn the four acres into attractive wetlands.

“The wetlands attract wildlife such as deer, ducks, and a variety of birds,” said Ruthanne.

“There is a muskrat house in the pond. There are lots of frogs, snakes, and a resident heron and many wildflowers to admire.”

Ruthanne further explained that many neighbours stroll through at any given time just to admire the changes that have taken place over the years.

Mels and Ruthanna explained that the



(CONTRIBUTED PHOTOS)

The first photo (‘Before’) is from 2014, before the wetlands project, by Mels and Ruthanne, and the second photo (‘After’) is from 2015, after the completion of their wetland project.

wetland is beautiful, even in wintertime, and it leaves a legacy for the future.

“The family is taking over from us, and it is perfect to leave a legacy for them,” added Ruthanne.

“The grandkids will remember Opa taking them outdoors and talking about the environment and all of nature’s wonders.”

Mels and Ruthanna loved the first wet-

land so much, they did a new project in 2023. They restored an additional 3.6 acres by planting trees and constructing a second wetland.

ABCA encourages those who believe they have a property that could be turned into a wetland to call for a site visit and see about funding for the project.



Father and son duo, John (right) and Max Black.

We are delighted to be in business in Goderich and would love to welcome all customers new and old to try out our pizza and products. We promise to provide the best tasting and value pizza in the town. In response to customer feedback we can announce that as of Tuesday 6th February we will be offering all our pizzas in Large size along with the usual medium pizzas. We can cater to all size of events and schools and would be delighted to assist you with any enquiries.



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Goderich Sun

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The Coming of Age

JAMES WHITE

Sun Contributor

No one really talks about the little things that become difficult as you age.

It has all come to something when you find yourself struggling to fasten the top-most buttons on your shirt. It used to be a breeze; it was something you did absent-mindedly.

Even standing in front of a mirror with your body all contorted goes nowhere. Then there's getting your legs into your pants without falling all over the place. Balance was once easy-peasy. And a tie? Forget it. While socks mean another struggle with recalcitrant feet and catchy toenails.

Now that I am finally dressed, and up and about, it's time to move around. Joints, hips, and knees all creak and groan. Maybe you are a candidate for joint replacements, and maybe not, but walking about and doing a set of stretches can help ease everything into place.

But there is another problem: keeping those pants up. Once there was a well-defined waist, now nothing for them to hang onto. Braces? Braces are for old guys, aren't they? Not for me; I'm only 86.

Now that my morning routine is full of struggles, I try to find time to limber up with a walk around the block every day. Sometimes I catch my sandal on an uneven paving stone, and two bloody graz-

es and a disfiguring purple bruise on the forearm later and 'Maybe a pair of your sensible shoes would have helped', says inner me.

Balance is the underlying problem these days. I no longer climb ladders to clean out the eavestroughs; even short ladders to put up pictures or hang curtains are beyond me, but I do try to keep active in my 80s.

As for my favourite sport - sculling - I need three people on the dock to help me in or out of my single. Once in the water I had no problem with balance; I paddled the four kilometers up the lake and back, four days in a row. Sadly though, that turned out to be a final farewell. I parted with my boat after almost a lifetime rowing and racing in various parts of the world. I was 84 when I had to make that decision.

Then there's seeing things, and not seeing things. One day the optometrist looks up from his findings: "Are you able to read road signs from a distance?" "Yes," says I in all innocence. "Well, you may think you can, but these results show that you are not. I'm going to prescribe a set of spectacles for distance vision and amend your drivers license which will require you to wear them." I protest: "Surely not, I know I need cheaters for reading but distance vision has always been perfect. Besides I'm only just 70." Optometrist: "My results are clear. Sorry."

Ten years later, the irony. On turning 80 I was required to attend a Transport Ministry driver's examination which included a vision test. The instructor told me she noticed from my Drivers Licence that I was required to wear glasses. My results, she said, showed clearly that I did not.

Did I want that requirement removed? Of course, I did. Fancy that, a benefit of aging. Still doesn't help with failing to find the jam in the fridge when, as my sweetie points out, it is staring me in the face. Or forgetting where I have left my reading glasses - or my keys.

In my 50s I noticed that the fingers in my right hand trembled when I was holding a glass. I consulted with my GP who did not think it was a sign of the worst case - Parkinson's Disease. To be sure he referred me to a neurologist who confirmed the diagnosis.

It was what the ever-optimistic medicos call a 'Benign Tremor.' Benign? That just means it isn't something worse.

Over the years I became unable to coax music out of my beloved clarinet without squeaking and squawking at intervals. Fortunately, the tremor does not affect playing the soprano saxophone or the bass clarinet.

This enforced transition provided me with a valuable lesson: Instead of dwelling on a loss of my capabilities, find some other source of adaptation or enjoy-

ment. An electric screwdriver instead of a manual one sliding around the head of a screw; shirts without rows of elusive buttonholes; walking poles to prevent falls; defined places for keys and glasses.

Interesting and unexpected new opportunities seem to present themselves around the time that others retreat.

I recently completed co-writing a play with an author who researched and wrote a book about a WW2 Air Force dance band in which his father played.

Together with an experienced director we now have a play, Streamliners, which will be performed at the Livery Theatre in Goderich in October of this year, the Centenary of the Royal Canadian Air Force.

As time has gone by, and I'm now 86, I have had to adapt when everyday things become more difficult.

Old habits have changed, and new measures have been adopted.

Old hobbies have been dropped, and new passions picked up.

Sculling has now been replaced by regular exercise on a rowing machine in the basement and yoga routines three times a week help keep me limber.

And as for those long walks I take every day, I never forget the importance of sensible shoes.

These experiences have convinced me to focus on what I can do, rather than what I can't.

Advice on the local housing market



JEFF BAUER,

Sun Contributor

Over the years as a Broker and Managing Partner at a local real estate company, I've had the pleasure of selling real estate in Goderich and Huron County for 12 years.

My goal is to help citizens of this area become more knowledgeable about the local real estate market, not to solicit business from anyone working with another realtor.

I aim to provide expert points on the local real estate market, given that information from the

media can be urban-centric and not always applicable to this region.

Historically, the market in Goderich and Huron County has been balanced, where the number of homes is sufficient to satisfy the buyer demand.

This was the case for decades, with minor seasonal fluctuations in favour of buyers or in favour of sellers.

However, all of this began to change in 2017 when the real estate market in the Greater Toronto Area (GTA) began to heat up. The flow of equity from those sales in the GTA moved westward to the Kitchener-Waterloo (KW) region, and then as a ripple effect, to our market here in Ontario's West Coast.

What is 'the flow of equity'? Well, let's say a couple in Toronto want to sell their home and buy in a quieter area, such as Guelph. They sell their Toronto home for \$1.5 million and then purchase in Guelph for \$1 million. This couple ends up with \$500,000 in their bank ac-

count, and some use that additional equity to retire early.

On the other side of this transaction, we have the people who sold their Guelph home. They can't stop thinking about the beautiful area of Lake Huron where they have vacationed over the years. The small-town lifestyle is calling to them, so they take their million dollars from the sale of their home and go house shopping in Goderich.

There, they find a house that is just as nice, or nicer than their old place, and listed for \$650,000.

With a strong bid over the asking price, they purchase the house for \$700,000. This is a great outcome for both parties.

The buyer from Guelph nets \$300,000 after their purchase and the Goderich seller sees the market value of their home vastly increased.

This continues to happen where buyers from urban areas are willing to pay more than a listing price to secure what they wanted, as they would still net

a profit.

This was prevalent in 2017 onward but was exacerbated when the pandemic hit in 2020.

Prices went haywire in Huron, Perth, and Bruce counties. This trend continued until early 2023 when the combination of relaxing pandemic measures and swift increases in interest rates, due to overwhelming inflation, slowed the market down.

The number of sales decreased, houses were on the market longer, and sale prices flattened.

Now, for over a year, we are on the other end of the spectrum with more of a buyer's market.

While we've recently seen the Bank of Canada hold their key interest rates steady, analysts predict that with inflation a bit more under control, the rates will begin to drop. Perhaps as soon as spring this year.

What this means, is that buyer confidence will likely become renewed and the pent-up pool of buyers that has been sitting

and waiting, will be poised to purchase.

However, this could come with increased competition and a resurgence of multiple bids, which also causes sale prices to increase.

If I were advising a buyer in this market, especially a first-time buyer, I would say the time to buy is now. Before the prospect of competing offers becomes a reality again.

Typically, sellers are still a bit more negotiable, and mortgage rates may have already fallen by the time the sale is closing. Getting a lower price point now is better than the prospect of savings from a lower mortgage rate when home prices in the future may rise.

The housing market is complex and can change quickly.

The value of working with a professional realtor has never been higher. If you are thinking about making a change, reach out to a local realtor of choice to get yourself informed before making any moves.

Visit us online at www.goderichsun.com

Grey Matters: The heart and mind connection



ANNETTE GERDES,

Sun Contributor

Welcome back to Grey Matters, your trusted source for insightful discussions on topics that matter most to our vibrant seniors' community.

In this month's edition, we delve into the important connection between the heart and mind. We explore our heart health and how it can significantly impact our cognitive function and overall well-being.

Understanding the Heart-Mind Connection

Recent research has illuminated the profound relationship between heart health and cognitive function. A healthy heart contributes to improved blood flow, which in turn nourishes the brain with vital nutrients and oxygen.

In our feature, we explore lifestyle choices that promote cardiovascular health and, consequently, support optimal brain function. From heart-healthy diets to the benefits of regular exercise, we provide practical tips to enhance the well-being of both your heart and mind.

Tips: Eat Healthy Diets- prioritize a balanced diet rich in fruits, vegetables, whole grains, and lean proteins.

Regular exercise: incorporate strength training exercises at least twice a week to enhance muscle health, and support balance. Find activities you enjoy.

Manage Stress: prioritize all activities that bring you relaxation.

Adequate Sleep: Ensure you get 7-9 hours of quality sleep

each night, by creating a relaxing bedtime routine.

Stay Hydrated: with a minimum of 8 glasses of water and limit intake of caffeinated beverages.

Social Connections: Engage in social activities that bring you joy and a sense of community. Limit or avoid alcohol. Quit or reduce smoking.

Regular Health Check Ups: monitor blood pressure, cholesterol and be aware of changes in your health, so you can report them to your doctor.

Mindfulness and Mental Health: practice mindfulness and relaxation techniques, such as yoga and meditation. Talk to your doctor or seek professional support if you are experiencing feelings of anxiety or depression.

Stay Informed: continue to educate yourself on the importance of a heart-healthy lifestyle.

Preserving Cognitive Function

Engage in memory-boosting activities, brain exercises, and

stories that highlight the richness of our shared experiences. After all, it's the tapestry of memories that makes our lives truly unique. Some memory boosting activities are puzzles and games, such as word search, scrabble, card games, reading newspapers and books, etc., learn new skills and hobbies. Keep challenging yourself.

Community Connection

This February let's celebrate the bonds that bring warmth to our lives. From lifelong friendships to new beginnings, these experiences exemplify the enduring power of connection and its positive impact on mental and emotional well-being. I encourage you to share the richness of your life experiences with loved ones and friends, look ahead to making new memories by having tea and conversation with those around you. Join community programs, volunteer, reach out to those in need. These are all ways to connect within your community.

From the Heart: Appreciation and Gratitude

Show appreciation for the special people in life, whether a lifelong friend, a caring neighbour, or a beloved family member, let people know they matter. There is no better time than the present to show appreciation. It costs nothing and means so much.

Enclosing may this Grey Matters article inspire you to embrace the heart-mind connection and foster a mindful approach to your well-being. Remember, it's never too late to cultivate activities and practices to support a healthy mind and heart. As we look forward to spring may you all continue to learn and grow. Stay inquisitive and having fun!

Annette Gerdes is the General Manager at the Goderich Place Retirement Residence

Wishing you all a healthy, happy, peaceful, and heartwarming holiday season. Looking forward to connecting with you again in the new year.

Better Words for Better Mental Health

TANYA MACINTYRE,
RED ROOF RECOVERY

Sun Contributor

The tongue may have no bones but it's strong enough to hurt, so it's important to be careful with our words.

I now dedicate my life to being a word-watcher.

The word 'addiction' is attached to the historical definition of an affliction that is hinged on personal failing, character flaws, and moral turpitude.

Addiction will always carry the judgement of the corrupt and the corrupted. There doesn't seem to be any way to divorce the word "addiction" from the legacy of the morally depraved models.

Like most shifts away from stigmatizing language, we have little to lose and much to gain. It's time we live up to our cries of "words matter".

Addiction is a complex condition that affects everyone differently. It's also the most stigmatized condition on the planet that continues to be treated with punitive actions instead of medical actions.

I don't refer to myself as a recovered

addict because I refuse to be defined by it. I insist on using person-first language. Addiction is a chronic medical illness, and I am a person who has recovered and will always be vulnerable to addiction.

Our continued use of terms like addict, drug-abuser, junkie, meth-head, drunk, loser, etc. further stigmatizes a vulnerable population that continues to be treated with discrimination.

The medical community is finally starting to use less-judgemental terminology that helps to humanize people with addictions. Instead of labelling a patient as an addict or drug-abuser, we're hearing and seeing more appropriate clinical diagnoses of "substance-use disorder" and "alcohol-use disorder" (SUD/AUD).

I'd like to introduce you to Azzy-Mae, a 32-year-old neurodivergent transfeminine non-binary person working in the Greater Boston area.

Azzy-Mae is a PWUD/PWID (person who uses drugs/person who injects drugs) and has been actively studying and consuming psychoactive substances for 17+ years.

Azzy-Mae engaged in the illicit-substance trade for several years, where she provided a great deal of ad-hoc drug & harm-reduction education, and psychedelic first-aid.

After a long career in the culinary arts, Azzy-Mae is now working in public health where she manages a Mobile Prevention Program focusing on street-level harm reduction outreach. They also helped open the first syringe exchange in her hometown.

Recently, Azzy-Mae managed a

harm-reduction program for trans/GNC folks as well as cis women; most of whom are consuming substances, engaged in sex work, and experiencing homelessness.

Azzy-Mae sits on a statewide harm-reduction advisory council and does independent training and consulting for organizations and the public. They engage in a lot of off-hours public-facing low-threshold education through various social media platforms, primarily LinkedIn and Instagram.

It is these types of platforms that allow for open discussion, where we can continue learning about the complexities of addiction. It's the only way we can ever reach an agreeable solution for an ever-growing problem.

May the force be with you, and remember...

YOU are the force!

About the Author:

After 20+ years in broadcasting, I decided to pack up negative news and progressive addictions. My recovery kicked into high gear when I decided to

write & speak openly about my challenges and my success to overcome addictions. I now help others who want to build their own path to recovery and better health.

DISCLAIMER: This content is not intended to constitute, or be a substitute for, medical diagnosis or treatment. Never disregard advice from your doctor, or delay in seeking it, because of something you have watched, read, or heard from anyone at Red Roof Recovery.

Goderich duplicate bridge club results

Rob McFarlane directed all the games this month.

On Jan. 2 we had 6 tables.

- 1st - Joan Lounsbury & Mary Lapaine - 67.41%
- 2nd - Doug Elliott & John Archbold - 60.99%
- 3rd - Brenda Blair & Pat Lewington - 59.63%
- 4th/5th - Garth Sheldon & John Davies with Marian Lane & Barb Howe - 53.33%
- 6th - Bob Dick & Graham Yeats - 51.85%

On Jan. 9 we had 5 tables.

- 1st/2nd - Gail Ruetz & Kay King with Cal Scotchmer & Janet Bloch - 62.50%
- 3rd - Greg Bowman & Michele Hansen - 61.11%
- 4th - Mary Lynne Telford & Paul Spittal - 59.72%

On Jan. 16 we had 6 tables.

- 1st - Michele Hansen & Greg Bowman - 65.19%
- 2nd - Marian Lane & Barb Howe - 56.67%
- 3rd - Pat Lewington & Brenda Blair - 54.81%
- 4th - John Davies & Garth Sheldon - 53.33%
- 5th - Joyce McIlwain & Kay King - 51.85%

On Jan. 23 we had 7 tables.

- 1st - Joyce McIlwain & Kay King - 58.93%
- 2/3 - Garth Sheldon & John Davies with Brenda Blair & Pat Lewington - 56.55%
- 4th - Joan Lounsbury & Mary Lapaine - 55.36%
- 5th - Greg Bowman & Michele Hansen - 54.17%
- 6th - Marian Lane & Barb Howe - 51.19%



OH, THE PLACES WE'LL GO: Getting up close and intrigued by rescued sea turtles



PAUL KNOWLES

Times Contributor

The story of “Ida” the sea turtle was one of those end-of-newscast happy items, a week or so ago. Ida, a 200-pound adult loggerhead sea turtle, was rescued after she was found entangled in a lobster trap buoy line. There’s a neat Canadian connection – the folks who found her and notified the authorities were a Canadian couple from New Brunswick. Ida Short and her husband were boating in the Atlantic Ocean off Marathon, in the Florida Keys.

That was fortunate, because Marathon is home to The Turtle Hospital, an amazing place that draws scads of tourists. But while the staff at The Turtle Hospital are very hospitable to human guests, their real passion is for the turtles.

I was interested in the story for two reasons. First, because we had the opportunity to visit The Turtle Hospital a few months ago, getting an up-close-and-personal education about the important work that institution does. And second, I’ve been intrigued by sea turtles ever since I was nipped on the lip by one of these enormous beasts while



(PAUL KNOWLES PHOTOS)

Visitors get up close and personal – and a trifle damp – during a meet and greet with a sea turtle at The Turtle Hospital.

swimming in the ocean off Barbados. But that’s another story. (The turtle wasn’t aiming for me, by the way, but for some chum in the water the crew of the catamaran had tossed in to attract the turtles).

When the Shorts discovered Ida, they notified the Coast Guard and The Turtle Hospital, who carried out the rescue. That was just one of up to 200 sea turtle rescues done by the team at the hospital, every year. The staff is ready to launch a rescue at any time – there is a small fleet of ambulances parked outside the hospital’s front door.

During our visit, we learned that the facility was founded by a conservationist named Richie Moretti, in 1986. The staff estimates that more than 2,000 turtles have been saved since then. The original building – still part of the hospital – was a motel, re-purposed by Moretti to care for wounded or sick sea turtles.

Today, you can visit the operating room where necessary surgeries are done, and out back, an array of tanks where turtles are kept, many permanently, because they have suffered injuries that prevent their return to the ocean.

Typically, that would be injury from boat propellers which have damaged their shells. The swimming-pool-sized tanks are home to a number of turtles which have flotation devices attached to their shells to allow them function – and not drown – in their watery homes.

Ida, the recently-rescued turtle, was one of the lucky ones. Within a few days of her rescue, she had received wound care, broad-spectrum antibiotics, fluids, vitamins and an anti-inflammatory, and was released back into the ocean, to the delight of a small crowd of well-wishers.

There are dozens of turtles who will never leave the hospital facility. But that, too, is a

good-news story, under the circumstances. Good news for the turtles, because they are incapable of surviving in the wild and instead have a safe home and lots of food. Good news for visitors like me, because I get the pleasure of seeing these amazing creatures, and the privilege of learning all about them.

There are seven species of sea turtles in the world; five of those species can be found in the Florida Keys. In the wild, the animals’ lifespan is between 50 and 100 years.

The bad news – you knew there would be bad news, didn’t you? – is that all seven species are rated as threatened, or endangered.

Most common in the waters around Marathon are Green turtles, a threatened species which can weigh up to 500 pounds, and Loggerhead turtles, like Ida, which top out at around 300 pounds.

The three local, endangered

species include the smaller (150 pounds) Hawksbill, the giant Leatherback which can weigh up to 2,000 pounds, and the Kemps Ridley turtle, which our guide at the Turtle Hospital says is the most seriously endangered of the five species.

It’s not surprising that almost all the threats to sea turtles start with human beings: fishing line entanglement, rope and net entanglement, boat hits, oil spills, ingesting plastic bags and cigarette filters, and development near the beaches where turtles have traditionally nested.

So given our human culpability in the threats facing these amazing animals, it is encouraging to be able to visit a place that is trying to undo some of that damage.

During our visit, we got personally involved, feeding a number of them, including one blind turtle who had nonetheless precisely figured out the feeding process.

There is always a wide variety of things to keep visitors busy and entertained in the Florida Keys, but I would strongly recommend that you put a visit to The Turtle Hospital near the top of your list.

And by the way: unless you are dumb enough to swim in the midst of a floating stew of chum, there is no chance you are going to be bitten by a sea turtle. Not at The Turtle Hospital, anyway.

Paul Knowles is an author and travel writer, and President of the Travel Media Association of Canada. To contact Paul about travel, his books, or speaking engagements, email pknowles@golden.net.



A plush toy sits on the operating table where real turtles undergoing life-saving surgeries.



Ambulances are always at the ready to initiate one of up to 200 sea turtle rescues that happen every year.

Riddles

What's black, white, black, white, black and white?

A penguin rolling down a hill.

What did the boy octopus say to the girl octopus?

"I want to hold your hand, hand, hand, hand, hand, hand, hand, hand."

What rolls and jumps but never walks?

A soccer ball

What do you call a person with a tree for a briefcase?

A branch manager.

Why can't you borrow money from a leprechaun?

Because they are always a little short

What kind of chickens lay golden eggs?

Golden Chicks

Why did the boy take a packet of oats with him to bed?

To feed his nightmare

How do you get a baby astronaut to sleep?

Rock-it.

What happens when you throw a purple rock into a yellow stream?

It makes a splash.

Sudoku

	8				9			
	5					1		6
	7				3	5		
7		9	1	4				5
			7					
4		3						8
			8					
		2		6				3
8						9		

Solutions on page 26

Pet of the Month



MAGGIE

Maggie is an 18 month old Beagle/Foxhound mix. She enjoys lots of walks, treats, snuggles with her humans and playtime with her bestie Ruby.



Nominate your Pet of the Month by emailing info@goderichsun.com

Word Search

GROUNDHOG DAY

M	Q	N	O	E	G	Q	C	H	S	S	E	T	I	A	U	Z	Q	A	I
A	K	N	I	G	H	T	S	R	H	I	Q	W	J	L	F	G	B	B	H
J	E	U	F	F	H	Z	O	Z	A	S	A	V	A	L	A	N	C	H	E
S	T	A	L	Y	F	T	C	V	R	D	R	C	F	L	F	X	H	Y	S
H	C	M	E	Q	A	C	M	O	K	G	S	A	F	L	A	M	E	S	I
Y	G	W	Q	D	O	B	Q	U	S	X	Y	Y	T	M	J	N	G	V	S
T	L	T	E	Y	G	A	L	P	D	H	P	V	U	S	M	N	H	I	K
A	M	R	O	C	M	N	C	A	U	L	H	P	S	E	L	Q	B	E	X
G	P	T	V	V	E	I	W	L	C	I	I	I	H	R	V	J	E	T	S
Z	E	M	M	F	U	T	X	B	K	K	V	W	G	J	E	N	S	W	R
S	R	T	V	P	O	Z	G	W	S	S	H	B	D	W	P	L	F	P	M
M	S	K	C	U	N	A	C	X	D	F	S	A	Q	D	L	M	I	I	W
D	D	N	S	Q	L	Z	N	W	B	B	B	I	W	S	R	L	A	O	W
W	C	N	K	C	G	E	U	L	O	U	O	N	E	K	A	R	K	V	V
P	Y	F	D	S	E	F	D	O	W	I	R	V	G	L	S	C	R	Y	X
T	W	T	O	K	M	G	L	L	V	Q	D	X	O	R	E	X	E	R	B
O	Y	Z	I	R	X	O	P	T	S	E	W	S	T	B	U	K	K	B	H
K	S	N	U	L	Z	F	Z	J	Z	Y	O	O	Y	T	L	V	K	S	J
N	G	N	P	B	G	G	H	D	W	V	F	O	W	X	B	Q	J	H	H
S	L	H	S	U	A	G	E	K	N	I	U	L	N	I	C	K	L	X	M

Annual event

February

Shadow

Prediction

Wiarthon Willie

Punxsutawney

Phil

Marmot

Burrow

Weather

Tradition

Superstition

Forecast

Bill Murray

OBITUARY



MCWHINNEY, JAMES "JIM" HAROLD

Passed away peacefully on January 20, 2024 in Ottawa in his 80th year. Survived by his children Joanne Tichborne and partner Paul Coulombe of Port Albert, Anita of Goderich, Dawn Wood and husband Chris of Cambridge and Brian of Brantford and his special family Sean and Sheri Convey and their 2 children and Laurie McMillan, Hans Lincourt and their 2 children. Also survived by 8 grandchildren. Jim was a long time employee of Loblaws. Jim grew up in Goderich and was an avid bowler and softball player. Predeceased by his parents Richard & Dorothy McWhinney, his brother Donald and his partner Beverley McMillan. At Jim's request cremation has taken place



HEMINGWAY, Marian – born July 15, 1929 in Brierley, England. She passed away on January 9, 2024 in Goderich, Ontario at the age of 94. She married Albert Hemingway in 1950 and together they immigrated to Sault Ste. Marie, Ontario, Canada in 1951 and later moved to Elliot Lake, Ontario in 1959. Predeceased by her husband Albert in 2014. Loving mother to Alan Hemingway (Karen-Anne), John Hemingway and Joan Greer (Lance). Proud grandmother to Marie (Keith), Kathleen (Chris), Lance (Erin), David (Erica), Alan (Meghan), Francine (John) and great grandmother to 18. Beloved aunt to numerous nieces and nephews in England. Marian made the move to Goderich in 2020 to be closer to her family. Marian was a talented seamstress and assisted her husband Albert in their home upholstery business from 1951-1998. She was a lifelong member of the Legion (first in Elliot Lake and then in Goderich) and fulfilled many roles including President and Vice-President of the Ladies Auxiliary and Sports Chair. She enjoyed participating in bowling, darts, cards, shuffle board and curling. During her almost 64-year marriage, many people remarked on Marian and Albert's amazing dancing skills. Marian was much loved and will be missed by family and friends. Rest in Peace. Friends may sign the book of condolences at www.mccallumpalla.ca

OBITUARY



JOHN FEAGAN

Peacefully at the Alexandra Marine & General Hospital, Goderich ON., on December 31, 2023, in his 91st year. Beloved husband of Phyllis (Glen) Feagan. Loving father of Brenda McAlpine [deceased February 6, 2021] (Bob), and Jeff Feagan (Sharm). Cherished grandfather of Bradley, Ashley, Hannah and Isabella. Loving brother of Sheila McAllister (Ken [deceased August 10, 2010.]) Born on March 9, 1933, John grew up on the Feagan homestead in Colborne Township, riding horses, milking cows, planting crops and attending the one room schoolhouse known as Cedar Valley SS No. 8. His parents Adelaide and Howard Feagan instilled in him the love of opening his home to family, friends, and neighbours; no invitation was ever necessary in the Feagan household. He spent his entire life working hard on the farm, experiencing the changes from horses and threshing machines to today's modern equipment. He ingrained in his family a pride of hard work, attention to detail and a passion for taking care of the land. John lived his life to the fullest through his various hobbies of snowshoeing, hunting, skiing, and flying in the Tiger Moth. He knew how to appreciate the little things, like a rum and ginger, playing cards with neighbours, a nap by the fire, or a drive with Phyllis to get ice cream and watch the sunset. He became an avid golfer and cherished games three times a week with his golf buddies. John's legacy lives in the homes of so many as he created and shared his beautiful and intricate wood-working projects. Most of all, he was especially proud to be a steward of the land he farmed, the life he built with Phyllis, and the achievements of his family. His memory will live on in his stories and good times we shared with him. Funeral Service to take place at McCallum and Palla Funeral Home on Thursday, January 4, 2024 at 2 pm. Following the service, interment Colborne Cemetery and the family invited you to a further time of remembrance and conversation at the Royal Canadian Legion, Branch 109. In lieu of flowers, donations to Alexandra Marine & General Hospital, Crohn's & Colitis Canada or a charity of your choice can be made through McCallum and Palla.

SUDOKU

2	8	1	6	5	9	3	7	4
3	5	4	2	8	7	1	9	6
9	7	6	4	1	3	5	2	8
7	2	9	1	4	8	6	5	3
5	1	8	7	3	6	2	4	9
4	6	3	9	2	5	7	8	1
6	3	7	8	9	2	4	1	5
1	9	2	5	6	4	8	3	7
8	4	5	3	7	1	9	6	2

QUIZ ANSWERS

1. Gryffindor
2. Australia
3. Garth Brooks
4. - 40 ° C and - 40 ° F
5. Pumice stone
6. Ejected from game
7. 1970
8. Pentagon
9. South America
10. Bubonic Plague

OBITUARY



BETTY LOUISE FISHER

January 7, 1931 – December 29, 2023
 It is with gratitude for her life with us and heartbreaking sorrow for her absence that we share the passing of Betty (Sowerby) Fisher on Friday, December 29, 2023. Born in 1931 to Robert and Daisy (Johnston) Sowerby. Raised on a farm in Goderich Township with her brother Bruce, Betty moved to Goderich in 1956 when she married Gerald Fisher of Colborne Township. Left to mourn her passing are her grateful daughters, Cindy Fisher (Con Melady) and Nancy Simpson (Napier). Predeceased by her beloved Gerald (1996), her brother and sister-in-law Bruce and Florence Sowerby, her brothers and sisters in law, Arnold and Donna (Fisher) Young and Benjamin Graham; also predeceased by nephew John Graham and niece Judy (Graham) Stemp. She is survived by her sister-in-law, Vivian (Fisher) Graham and several Johnston/Little/Dougherty/Sowerby cousins. She treasured her Sowerby, Young and Graham nieces and nephews and their children. She was dear to the Melady and Simpson families, former co-workers and many friends and neighbours.
 Betty started her working career as a stenographer at Purity Flour, then an administrative position at Huron County Family & Childrens Services, followed by retirement from the Huron County Planning and Development Department. She was a kind and determined woman who enjoyed helping others, remembering birthdays, sending well wishes in cards and being a good neighbour. A 50+ year member of Order of the Eastern Star (District #5); baptized, confirmed and married in St. George's Anglican Church and then a loyal member of Knox Presbyterian Church since 1956. She was a proud 'Big Betty Bowler' with her Little Bowl bowling league for many decades of Monday nights.
 Private interment in Colborne Township Cemetery. A Memorial Service was held on Friday January 19th, 2024, at 11 am, Knox Presbyterian Church, 9 Victoria St. N (at East St.) Goderich. In lieu of flowers, memorial donations may be made to: Alexandra Marine & General Hospital Foundation, Maitland Trail Association, Gateway Centre of Excellence in Rural Health, or the charity of your choice. Messages of condolence may be left at: www.mccallumpalla.ca

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 • Retro Video Games & Toys
 • Vintage Clothing & MCM Decor
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 (beside Comfort Inn) • 226-222-2834

COMING EVENTS

Email to inquire
info@goderichsun.com

Local Sports: Goderich Junior Flyers Home Games
Saturday, February 3 at 8 p.m.
Saturday, February 10 at 8 p.m.
Saturday, February 24 at 8 p.m.
All home games are at the Maitland Recreation Centre.

Winterfest

Friday, February 2 until Sunday, February 4 at Courthouse Square and Memorial Arena.
Join in on a variety of activities and events from a Candlelight Walk on the Maitland Trail on Friday at 7:30 p.m. to outdoor activities on the Square on Saturday from 10 a.m. until 4 p.m. For more information visit <https://explore-goderich.ca/winterfest>

Make a Mess!

Make a Mess at the Museum returns this winter. Drop in each Saturday afternoon for unstructured play for primary-aged children and their families. Included with regular admission or FREE when you show your Huron County Library card. Children five and under are

always free. Begins on Sunday, February 4 at 1:30 p.m. until 3:30 p.m. Continues every Saturday throughout February.

Gateway's Virtual Lecture Series: Enhancing Emergency Management

Tuesday, February 6 from 12 p.m. until 1 p.m. via Zoom. Join this lecture to learn about future emergency response. Register at www.gatewayruralhealth.ca

Lego Club

Thursday, February 8 and Thursday, February 22 at Goderich Library.

Walking Scrabble: Coffee Social

Tuesday, February 13 at the Huron County Museum from 10:30 a.m. until 11:30 a.m. Exercise your body and your mind this winter with the addition of Scrabble and social time to regular Museum Walkers. Regular admission or free with Museum membership or a Huron Coun-

ty Library card.

44th Annual Shrove Tuesday Pancake and Sausage Dinner

Tuesday, February 13 at St. George's Anglican Church from 11:30 a.m. until 6:30 p.m.

There will be three sittings, doors open at 4:15 p.m. for pre-dinner music in the church sanctuary. Tickets are available at Fincher's and Cravings on the Square or by calling the Church office at 519-524-2274. Tickets cost \$10 per person.

Write On! Writer's Club

Wednesday, February 14 from 8 a.m. until 5 p.m. Join fellow local authors and aspiring writers at the Goderich Branch to collaborate and create. Register by contacting the library by email or phone.

Coldest Night of the Year

Saturday, February 24 at Courthouse Square. A winter, family-friendly walk, in support of local charities serving people experiencing hurt, hunger, and homelessness. Register and check-in at 4 p.m. at Goderich Legion. At 5 p.m. walkers set off to walk around the square. Light meal served following the walk.

St. George's Anglican Church 44th Annual Shrove Tuesday Pancake & Sausage Supper

TUESDAY FEBRUARY 13, 2024

87 NELSON STREET, GODERICH

Three sittings:

11:30-1:00pm

Come & Go

5:00pm Sitting

Doors Open at 4:15pm

for pre-dinner music by the
GDCI Jazz Band

6:30pm Sitting

Doors Open at 5:45pm

for pre-dinner music by the
GDCI Jazz Band

Tickets: \$10.00 per person • under 5 yr: free

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Auburn & District Lions Club Valentine Breakfast

Auburn Memorial Community Hall
Sunday, February 11, 2024
8 a.m. - 11 a.m.
\$12/Adults, \$6/Child, Free/Preschool
Pancakes, eggs, toast, sausage & hasbrowns
Maple syrup supplied by: Robinson's Maple Products
84548 St. Augustine Line, Auburn
Eggs supplied by: Huron County Egg Farmers

Proceeds for: Ronald McDonald House

SERVICES

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Goderich prepares for Coldest Night of the Year

KATHLEEN SMITH

Editor

With the cost of basic needs sky rocketing, United Way's Coldest Night of the Year aims to raise funds to assist with initiatives that support those experiencing homelessness.

On Saturday, February 24 members of the community are invited to gather and take part in a small walk, to be part of something bigger. United Way encourages others to register and take part.

"I think if we're going to eliminate hunger, or those faced with homelessness, everyone needs to be involved," said Michelle Millar, Community Development, United Way Perth-Huron.

"CNOY while a fun family walk, it has purpose – it's a small walk for a big problem inviting everyone, every age, every profession, to be together."

In its fifth year running, this year the event aims to raise \$130,000. To date, the upcoming event has already raised \$45,000, and 144 walkers and 36 teams are already signed up and raising funds, bringing Goderich's event to 34 per cent of the grand total.

The walk begins and ends this year at the Goderich Legion. New this year is a MEGA meat draw and 50/50 draw host-

ed by the Legion in support of the initiative. Steve and Mary's on the Square will be serving a light, warm meal for all the CNOY walkers.

"It's a great way to show that we care and that we want to be involved in solving this systemic problem," added Millar.

"Thank you to our sponsors, walkers, and teams and donors for all of your support, for believing that it's not as simple as some people think."

Funds raised during the event help support the Huron Homelessness Initiative, including shelters for women, children, and youth, emergency shelter during the cold months, transitional housing, and housing support.

Last year a total of 285 walkers took part in the fundraising event, raising \$126,145. Each year the event continues to raise more funds than the year before.

This year's Gold Sponsors include Bruce Power, Scotiabank, and Capital Power. The Silver Sponsors include Canadian Tire, Compass Minerals, RE/MAX Reliable Realty – Seaforth, and Libro Credit Union. The Bronze Sponsors are West Wawanosh Insurance, McDonalds, Ideal Supply, and Community Futures Huron.

Donations are accepted at cnoy.org/Goderich



FEBRUARY EVENTS

Saturday, February 3rd

Meat Draw With Bronson Line 5-9pm

Saturday, February 10th

Meat Draw With MacAdam Road 5-9pm

Friday, February 16th

Meat Draw , Catch The Ace & Karaoke
5-10pm

Saturday, February 17th

Meat Draw With The Daves I Know 5-9pm

Saturday, February 24th

Meat Draw With Irish Cowboys 5-9pm

Euchre Every Tuesday Night 7pm

Jammers Every Wednesday Night 6pm

Fun Darts Every Thursday Night @7pm

Cribbage Every Friday Afternoon 2pm

Catch The Ace Draw Every Friday Night @7pm

Bingo Every Sunday Afternoon Doors Open @12pm

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